



the ASKELADDEN news

Sons of Norway • Askeladden Lodge 5-610 • Kalamazoo, Michigan

A Congenial Society of Sons, Daughters, and Friends of Norway

facebook.com/AskeladdenLodge

March 2020

03-20

Meetings:

Sept - April: 2nd Sundays, 2 p.m.

May only: 3rd Sunday, 2 p.m.

Trinity Lutheran Church

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Kalamazoo, MI

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Sunday, March 8

2 p.m.

Nordic Treats

Trinity Lutheran Church

The Askeladden Lodge Program and Meeting will begin at 2 p.m. in the Trinity Lutheran Church Fellowship Hall Kitchen. Wear sleeves you can roll up and an **apron** (we'll have extras) and join the fun learning to make traditional Norwegian cookies and treats like: Scandinavian waffles, krumkaker, spritz and ebelskivers. If you have a **griddle, press or iron** for making these traditional treats, please bring it with you. Bring a copy of your **favorite recipe** to share and the **ingredients or prepared dough**. When it comes to Norwegian treats ... More is More!



Bring a **friend**, young or 'seasoned', and join the fun. This will be the most delicious 'Make-it and Take-it' you ever did. After our culinary immersion, we'll share a potluck buffet starring our Sweet Creations. Please bring a **dish to pass** to share with other members and guests. This month since we are eating later, we are asking for **cold dishes** only, such as cold cuts, salads, cheeses, and so forth, so that we don't overload the circuits with crock pots. Beverages and table service will be provided.

Please enter from the South entrance of the church's annex. If you wish to use the elevator, ring the buzzer on the left of the entrance doors and someone will assist you.

Following our 'hands-on' program and meal, there will be a short lodge business meeting at approximately 4 p.m. where we will vote on the proposed board bylaw amendments and elect another member to the Auditing Committee.

Esther Ann Brown will be in charge of setup for this meeting.

Please note that our April meeting will be held the first Sunday next month as Easter falls on the second Sunday in April.

ASKELOADDEN NEWS

Fra Presidenten

Rosemaling at Norskedalen

Norskedalen, the Norwegian Valley, is a 400-acre nature and heritage center with 6 miles of hiking trails, a museum, library, gift shop, classrooms and a historic Norwegian farm homestead near Coon Valley and LaCrosse, Wisconsin. I discovered Norskedalen was offering Norwegian rosemaling classes last October, the week I had planned a trip to northern Wisconsin to visit my son and family, so I promptly called in my reservation and also became a member of Norskedalen to support my Norwegian heritage.

Our dedicated Askeladden librarian, Roger Drong, found two rosemaling instructional books in our lodge library for me to study ahead of the class. After reading about 30 pages in one of them, I concluded that mastery at even a basic level would require much study and practice, but would help me view rosemaling art with more knowledgeable appreciation.

Our rosemaling class was geared for any level, but 6 of the 7 of us in the class were beginners – and I had to ask – all raised their hands to identify as having Norwegian heritage!

Our teacher provided a set of materials including 10 brushes and oil paints along with instructional hand-outs. We spent the first two hours practicing our beginner techniques of propping the brush-holding hand up with our other hand and forearm. We learned the four basic brush steps of touch, press flat, drag and twist as the basis for our initial painting. We also learned to mix colors and dip the tip of our brush, already holding blue or brown paint, in white paint to produce a white-edged brush stroke. We practiced the basic “C” and “S” curved strokes and then were judged ready to tackle our first painting!

After an additional hour of concentrated work, I was quite proud of my results. It is a slight variation of the model our teacher gave us, but she said she liked how I had used the colors. I brought my supplies home with me and plan to practice more and perhaps decorate something small for the holidays.

After the class, I found a bar and grill for lunch in the nearby village of Coon Valley which served lefse wraps! I also discovered the local Norwegian Evangelical Lutheran Church established in 1876, with large Norway Spruce and Norway Maple trees on the church grounds.

I spent the afternoon touring Norskedalen’s heritage farm with its homestead of the Bekkum family and various buildings donated and moved on site. There were no volunteers that day to provide tours but I was able to peer inside and take photos through the windows.

My next stop was the Norskedalen museum with its beautiful bunad and other artifacts of Norwegian immigrant life in early Wisconsin. I was inspired to learn more embroidery and perhaps someday sew my own bunad.

I found a beautiful rosemaling tile at the Scandinavian Shop in nearby Westby and then had a 4-hour drive on narrow country roads through the north woods of Wisconsin up to Eagle River and my son and family. And I managed not to collide with any of the eight deer I saw along the forested roadsides – two with 6- and 8-point racks!

Norskedalen has an enjoyable website if you care to explore it: <https://www.norskedalen.org>



embroidered bunad in Norskedalen Museum



turquoise Norwegian trunk with rosemaling in Norskedalen Museum



rosemaling sample we used in class on the left & my 3-hour beginner effort on the right



Norwegian Lutheran church originally built in 1876 in nearby Coon Valley



red rosemaling tile from gift shop in Westby



Norway Maple and Norway Spruce trees on grounds of church



Norskedalen farmstead



“Plant a seed” sign in church garden

ASKELOADDEN NEWS

Welcome to Askeladden!

We extend a warm welcome to our newest lodge members, Jeff and Diane Andert. Jeff and Diane attended our February Scandinavian Travelogue program and signed up for membership the same night. We look forward to seeing more of Jeff and Diane.

We also want to welcome Astrid and Mai Elise Code as full members of our lodge. They were Heritage Members until recently.

Masse Moro - District 5 Matching Grants

Masse Moro is a Norwegian Heritage children's camp run by Sons of Norway District 5 near Eau Claire, Wisconsin. In District 5, we are fortunate that both the lodges and the District provide a matching grant of \$150 to campers. Here is how it works:

After completing the camper application forms, Askeladden members apply to the lodge for a Supporting Grant of \$150 for their children or grandchildren attending Masse Moro by filling out the top half of a simple one-page form. Once the lodge approves the grant, the lodge completes the remaining fields on the form and sends it with the \$150 check from the lodge to District 5, where the grant is automatically matched for \$150 at the District level. Thus the first \$300 of the \$850 camp fee is covered, making the camp experience much more affordable for the families. Submit your completed matching grant application form directly to Lodge Treasurer Curtis Cleveland as soon as possible.

Other scholarships are also available for Masse Moro. Visit the District 5 web page for complete information on these scholarships as well as all application forms: http://sonsofnorway5.com/programs/masse_moro_heritage_camp.php

If you have questions, feel free to contact Joan O'Bryan or Curtis Cleveland.

St. Patrick's Day Parade

The annual St. Patrick's Day Parade in Kalamazoo takes place Saturday morning, March 14, and we are getting very excited about it! We provide the costumes as long as you sign up in advance, making it easy for you to participate. Please help us with planning by signing up at the March meeting. Contact Joan if you can't make the meeting and you want to participate.

If you haven't joined us in the past, this parade is the easiest one we participate in - it's only six blocks long and the street we march on is heated, so there is never any snow to contend with. Participating in this event counts as one of your annual qualifying events for inclusion in the Norway Trip drawing in the fall. The parade begins at 11 a.m. for all your family and friends that want to watch it

Askeladden member in Viking magazine

The February issue of the Viking magazine was chock full of interesting stories, but way back on page 32 was one of special interest to us because it featured one of our own lodge members, Sandra Santas. The **Members Matters** section article "Motivation to Move" was about using the Sons of Norway Sports Medal program as incentives for reaching goals. Sandra's inspiring story is fascinating and it involves three more of our Askeladden members. Sandra's tale of the pilgrimage, in her own words, appears on page 4 of this newsletter. I encourage you to read both the *Viking* article and Sandra's article.

Askeladden Lodge 2020 scholarships

Joyce Hare, Scholarship Chairperson

If you have children or grandchildren starting college next year or continuing as an undergraduate student, they can be considered for a scholarship from Askeladden Lodge. The 2020 budget allows for up to three \$1,000 scholarships.

Applications (and required documents such as letters of recommendation and official transcripts) for the 2020 Askeladden Myrtle Beinhauer Scholarships are due to Joyce Hare *by March 15, 2020*. The online application form and guidelines are available to download by clicking [here](#) and hard copies will be at the March meeting.

The application process is not complicated, but it does require a little planning to gather the required information, so begin the process today, including to make sure your Sons of Norway dues are up to date. Please direct inquiries to Joyce Hare at (269) 327-5824.

Tusen Takk, a "Thousand Thanks," to Iona Robbins

On behalf of the members of Askeladden Lodge of Sons of Norway, I would like to extend our heartfelt thanks to Iona Robbins for her generous donation to our lodge to support and encourage Norwegian culture in our community. Iona, now 95 years old, is a charter member of Askeladden, and a Golden Member of Sons of Norway, and she enjoyed many good years with her husband Jack participating in our lodge's programs. Our thanks, also, to Iona's daughter, Vicki, who forwarded her mother's donation to us. We will explore some options for special Norwegian cultural programs, perhaps music or folk dancing which we might bring to Kalamazoo for our members and the other Michigan Sons of Norway members with Iona's gift. Tusen Takk, Iona!

Gail Thompson-Hadley, Askeladden President

February meeting recap: Scandinavian Travelogue

Holly Jensen, Cultural Director

At our February meeting, 22 Askeladden members and guests enjoyed the pleasure of reliving Teri Koretsky's Scandinavian adventure through a beautiful slide presentation and narrative of her four-nation travels last year.

Our potluck buffet was festooned with beautiful flowers celebrating Mother's Day in Norway. We enjoyed two kinds of lefser, Kringla, and Ski Queen gjetost. A pleasant, sunny winter's day was enjoyed by all.

Askeladden Lodge Library

www.librarything.com/catalog/Sonsofnorway

Contact Curtis Cleveland with questions or to reserve resources.

ASKELOADDEN NEWS

A Pilgrimage to Remember

Sandra Bauman Santas

Olav Haraldsson was born in 995, and in 1007, at the age of 12, he went on a Viking expedition.

In 1014, he was baptized in Rouen, France. He returned to Norway in 1015, was elected king and introduced Christianity to that country.

In 1030, he fell in the Battle of Stiklestad, was canonized in 1031 and is entombed in Nidaros Cathedral. Nidaros was the medieval name of present-day Trondheim.

The Protestant Reformation prohibited pilgrimages, and it wasn't until the end of the 1950s that the first modern pilgrim was registered by the cathedral.

There are six paths within the Nordic countries leading to Nidaros Cathedral, making up approximately 2,000 kilometers in Norway.

The Gudbrandsdalen Path is the longest (387 miles) route and was the main road to Nidaros. It was highlighted in the February 2014 issue of *Viking* magazine for Sons of Norway members.

I trekked the actual miles, tracking them on Virtual Pilgrimage via the Sons of Norway website, "seeing" the sights as if I were actually walking the route.

I completed it in May 2014. Through some Internet research, I discovered that if I walked the final 60 miles, I could receive the Olavsrevet (Olav Letter) as proof of the completed pilgrimage.

So I began planning my third trip to Norway. The other travelers would be my husband, John; our daughter, Elizabeth; and our two grandchildren, 10-year-old Alice and almost-9 James.

We stayed five nights in the sod-roofed summer home of my great-great-grandmother, Lavrense Knutsdatter Ryalen, on Lake Storsjoen in the Osterdalen region, without the benefit of electricity or indoor plumbing. That was quite an adventure in itself for our grandchildren.

We also visited the ancestral home of her husband, Lars Pedersen Nordvang, who immigrated with his family to Wisconsin in 1852.

We drove to Bergen, going over the Trollstigen (Troll's Ladder), consisting of 11 hairpin curves and waterfalls; and the Great Atlantic Road (5 miles with eight bridges connecting small islands).

We stopped in Olden, where my first documented Norwegian ancestor (born in 1620) lived.

In Bergen, we boarded the Hurtigruten ship, the Finnmarken, going in and out of spectacular fjords up and down the coast for 11 days.

We crossed the Arctic Circle and traveled to North Cape Plateau, the northernmost point of mainland Europe.

Our four-day pilgrimage walk started in Rennebu with the stamping of our Pilgrim Passport. This is obtained in Norway and can be stamped each day in churches, pilgrim centers, places of accommodation, etc.

The original Rennebu stave church was erected around 1250 and was replaced in 1669. This is only one of four churches

remaining in Norway with a Y-shaped floor plan and the only one where services have continuously been held.

Inside, there is a 12th century crucifix with an altarpiece and pulpit from 1672. Many such historical churches are found along the route. Mid-afternoon, armed with two Ordnance Survey maps, which were needed for the six communes - municipalities - that we trekked through, and the newest English guidebook, we began walking to Nidaros in a light mist. We had been told to constantly look for the signage consisting of a mixture of a Saint Olav cross and the symbol of historical interest. They would be found hanging from trees over the path, on gates, buildings, painted on stones, etc.

One can't read the map/guidebook while walking, because the path is full of tree roots and stones, and it requires concentration. A twisted ankle could spell disaster.

The mist ceased, and we enjoyed the forest and the occupied and abandoned farms.

It rained an hour before we stopped at 9:30 p.m. We could walk late, because the sun never set.

John was our pace car driver, and we texted to inform him each "night" where it was convenient for a road pickup. He enjoyed spending his days talking to farmers, mailmen and fishermen about life in Norway.

We arranged to stay four nights at Kleivan pilegrimsherberge, owned by a lovely couple who welcomed us each evening and were continually amazed that the children could walk so far.

After an 8 a.m. breakfast each day, John drove us back to our stopping point to begin a new day of scenery - fording streams; walking along rivers; traversing through shoulder-high grass; eating wild blueberries and strawberries; traipsing among cows, sheep and horses; climbing over stile fences; walking past huge piles of logs; and slogging a good part of a long day through a bog. Fortunately, I received some good advice from another pilgrim and made a stop at a Salvation Army store, where I purchased a \$10 pair of rubber boots.

Unlike the congested Santiago de Compostela pilgrimage in Spain and Portugal, we encountered only four people on our four-day trek.

The Skaun area was of special interest to me. The 1928 Nobel Prize winner in Literature, Norway's Sigrid Undset, set her "Mistress of Husaby" there. It was the second volume in her "Kristin Lavransdatter" trilogy.

All too soon we were standing at Feginsbrekkja (Hill of Joy), the spot where medieval pilgrims stopped to enjoy the view before falling down on their knees praying, giving thanks for finally having reached their goal.

This is where we caught our first glimpse of Nidaros Cathedral.

This article originally appeared in The News-Gazette in Champaign, IL, on November 29, 2015. Sandra, who has been a Sons of Norway member since 2004, transferred to our lodge in 2018. Her daughter and two grandchildren are also Askeladden members.



Lodge members Elizabeth, Alice, Sandra and James posed for a shot in front of Nidaros Cathedral after finishing the pilgrimage.



SONS of NORWAY

Celebrating **125** Years

Askeladden Lodge
507 Clinton Ave
Kalamazoo, MI 49001

MARS 2020 KALENDER

- mars 8 - *Den Internasjonale Kvinnedagen* - International Women's Day
- mars 8 - **Askeladden Lodge Program/meeting/potluck dinner**
2 p.m. Trinity Evangelical Lutheran Church
Daylight Saving Time begins at 2 a.m. - spring forward!
- mars 9 - Commonwealth Day (Canada)
- mars 14 - **St. Patrick's Day parade** downtown Kalamazoo. Marchers and helpers meet by 10:30 am. Plan to join us for some fun!
- mars 15 - **Askeladden Lodge Scholarship applications due** - see page 3
- mars 15 - District 5 Scholarships due: Book Scholarship, Folk High School, and International Summer School
<http://sonsofnorway5.com>
- mars 17 - St. Patrick's Day
- mars 19 - *Vårjendøgn* - Vernal Equinox, First day of Spring
- mars 21 - last day to submit *Askeladden News* articles
- april 1 - Deadline to register for Masse Moro
- april 5 - Palmesøndag - Palm Sunday
- april 5 - **Askeladden Lodge Joint Program with Vasa (meeting on 1st Sunday as Easter falls on 2nd Sunday)**

Gratulerer med dagen!

Fødselsdag Hilsener

March Birthdays

Betsy Fish	Andrew Sherman
Richard Adams	Christina Sherman
Druanna Darling	David Sherman
Margaret Schmieding	Joan O'Bryan
Esden Stafne	Audrey Renoos
William Strong	Arden L. Hetletvedt
Esther Ann Brown	Diane Andert



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 to provide quality insurance and financial products to our members.