



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

Jun/Jul 2020

6/7-20

Meetings: *cancelled until further notice due to State of Emergency*

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

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

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Fra Presidenten

Norwegian Hygge

As Norwegian Americans, how can we make sense of the tumult in our country from the Covid-19 pandemic, resultant economic distress, and now renewed widespread racial protests? I believe we need to trust in science, take action to make life better for others, and have faith in our democratic processes that “The arc of the moral universe is long, but it bends towards justice,” as Dr. Martin Luther King stated.

The Norwegian concept of Hygge provides guidance on an individual level for a life of kindness toward self and others, sharing good food and cozy kinship, and an active life which embraces the natural world every day year round no matter the snow and cold.

My husband worked outdoors year round as a forester, and helped with our son’s Boy Scout Winter Klondike so he thought the females in the family should enjoy a family winter outing, too. We headed north toward Gaylord with our camping gear and cross-country skis but no campground roads were plowed. We finally found a plowed oil well access road for our tent site. We didn’t use our borrowed kerosene heater in our tent for fear of asphyxiation at night, and I was somewhat fearful of freezing to death in my sleep so I pulled our 3-year-old into my sleeping bag to keep us both warmer. The temperature dropped to minus 10 degrees overnight and our 5-gallon water tank froze solid! No hot chocolate or hot oatmeal for breakfast – but Hygge should be earned, and we had earned the hot food and coziness we found in the local Frederick Village bar that morning – and went back outside to enjoy a glorious sunny, blue sky day playing in the snow and woods. A true Hygge adventure!

The Sons of Norway's Viking Magazine, Sept 2017, has several articles on Hygge https://www.sofn.com/member_benefits/viking_magazine/ and makes reference to a book which I just read, *How to Hygge: The Nordic Secrets to a Happy Life*, by Signe Johansen, 2016.

According to Hygge, to be active is to be alive, and one should strive to be active and outside every day year round. Time outside is good for both physical and mental health, and may be a time of calming reflective solitude or kinship with family and friends. Hygge strives for simplicity and release from the cluttered details of our electronic, virtual over-scheduled lives.

The Nordic Hygge kitchen is one with freshly baked bread, plenty of butter, fresh fruit and vegetables, foraged berries, local fish and meat, coffee, the soft light of candles, and sweets in modest quantities enjoyed after outdoor excursions. With my family dispersed to neighboring states, I enjoy the daily companionship of my friendly dog, Oakley. When we aren’t out back romping in the woods, I relish the simple pleasures of smelling sweet flowers and listening to the music of birds from my front deck. Children in the Hygge way of outdoor life and education find happiness in nature as well. <https://www.cnn.com/2019/04/30/health/norway-koselig-hygge-cozy-nature-chasing-life-wisdom-project/index.html>.

Here’s to a Hygge summer!

Gail Thompson Hadley

more photos on page 2



Cozy inside with mocha coffee, candles and Norwegian baking



Christine and me, Breckenridge, Peak 9, Colorado Rockies, 2010

ASKELOADDEN NEWS

Looking Back

Curtis Cleveland, Lodge Historian

This article recounts Askeladden Lodge activities during the summer months of 1995, 2000, and 2005.

25 Years Ago: In the summer of 1995, the lodge had two events: a picnic in June and an ice creme social in August.

The picnic was the first time that the Vasa Lodge invited the Askeladden Lodge to attend their Midsommer picnic. Askeladden members accepted the invitation. The joint meeting was held at the Masonic Temple, Parkview Avenue and 11th Street in Oshtemo.

The Ice Creme Social was held at the home of Janice and Jim Moe. A business meeting was held at this event. The official minutes of the August 6, 1995, Lodge meeting included the following statement: "Myrtle Beinhauer's house was sold. Special thanks to the Sons of Norway members who helped to clean and prepare the house for sale."

In 1995, Curt Osborn was the lodge president. Ferne Best was the newsletter editor, assisted by Louise Adams, the typist. The regular monthly lodge meetings were held at the Portage Senior Center. Lodge membership was approximately 75 members.

20 Years Ago: In the summer of 2000, the lodge held three events: horse-back riding in June; a picnic in July; and an ice creme social in August.

In June, the members met at the Crandall farm near Marshall for an opportunity to see and ride the Norwegian Fjord Horses. This was the first time that Askeladden Lodge had an event at the George and Anne Crandall farm. The newsletter does not mention Bob Kaarlie, but no doubt he had much to do setting up this event.

In July, the members enjoyed a picnic at the Pharmacia-Upjohn Park in Portage. Svein Thoen gave the cultural program, talking about his recently completed bicycle trip across the United States along with three other friends. During the business meeting, Joyce Hare discussed the guidelines for the Askeladden Lodge - Myrtle Beinhauer Scholarships.

In August, the members met at the home of Jean and Dennis Darling for the Ice Creme Social. Besides the food, members enjoyed the piano music as Margery Selden "christened" the newly renovated Darling's piano. Jean and Dennis reported on the District 5 Convention which they had recently attended.

That summer, Donna Buehl and Louise Adams attended the rosemaking class at Vesterheim, in Decorah, Iowa.

Joyce Hare and Margery Selden were the co-presidents in 2000. Ferne Best was the newsletter editor, assisted by Louise Adams, typist. The regular monthly meetings were held at the Portage Senior Center. The membership roster included approximately 70 adult members.

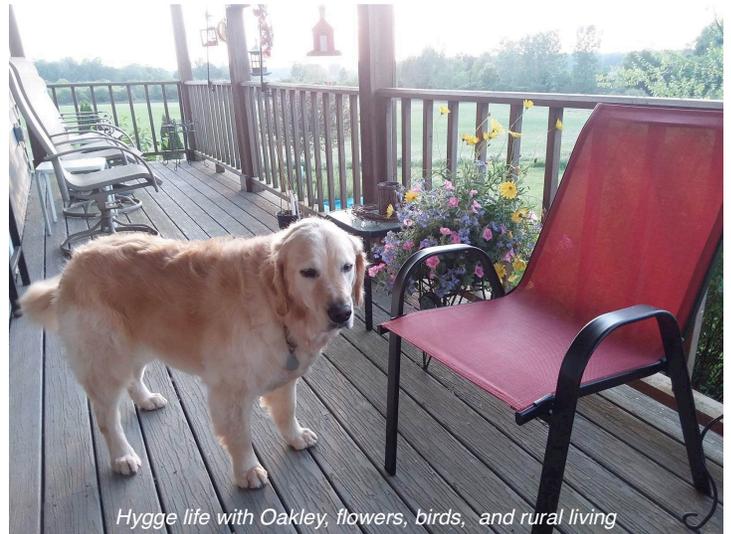
15 Years Ago: The lodge held two events in the summer of 2005: a picnic in June and a monthly lodge meeting in August.

The picnic was a joint meeting with the Vasa Lodge at Cadwallader Park in Hickory Corners.

At the August lodge meeting, Fred Sitkins gave the cultural program, talking about the "Restoration of the WMU Trolley."

Orlin Loen was the lodge president in 2005. Orlin's wife, Helen, was the newsletter editor. The regular monthly lodge meetings were held at the Portage Senior Center in Portage. The lodge membership was approximately 84 members.

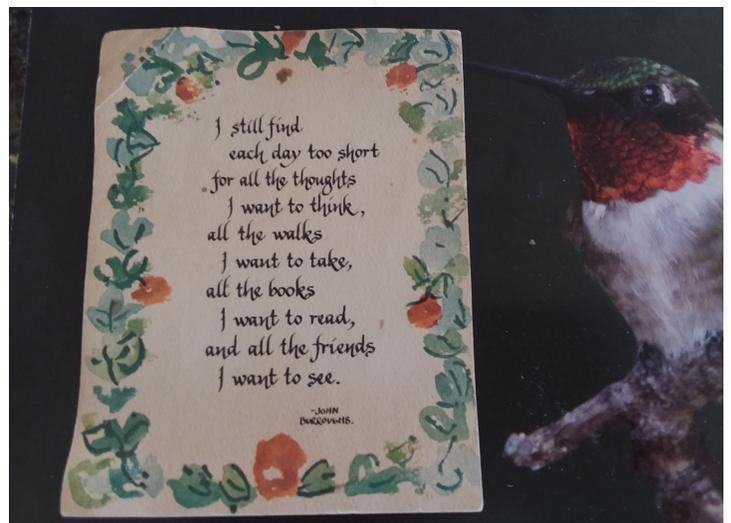
Fra Presidenten - Hygge (Continued from page 1)



Hygge life with Oakley, flowers, birds, and rural living



Cozy together in our family tent when winter camping, 1990



Hygge-style kindness to self to make time daily for reflection, books, walks and friends

ASKELOADDEN NEWS

Ingebretsen's of Minneapolis Damaged

Curtis Cleveland, Board Member

Ingebretsen's Nordic Marketplace of Minneapolis was one of the 360 businesses in the Twin Cities that was damaged during the protest/riot following the George Floyd killing.

The online June 3rd edition of the Minneapolis Star Tribune listed all 360 businesses that were damaged; 66 businesses were completely destroyed. The businesses were concentrated in the Lake Street area of Minneapolis and the Midway area of Saint Paul.

The article said Ingebretsen's, which is located at 1601 East Lake Street, had broken windows and possible interior damage and was looted.

The International Headquarters of the Sons of Norway is located at 1455 West Lake Street. A new building is currently being constructed at this site. The article, fortunately, reported no damage to the Sons of Norway building, however, businesses just a few blocks away were damaged.

Ingebretsen's website had the following message:

"We have closed all store operations for the next few days, for the safety of our staff, customers and neighbors.

Our beloved Twin Cities is experiencing a gigantic collective loss. Our own Lake Street community, a beautiful, diverse and loving community of hard working families, will survive and heal. Thanks for your support as we move forward together.

Love from our family to yours."

Gratulerer med dagen

Fødselsdag Hilsener

June/July Birthdays

June - Anne Rapp
June - Terese Sherman
June - Kaeler James Stafne

July - Karin Loberg Code
July - Carolyn Hande
July - Terilyn Koretsky
July - Sondra Phillips
July - River Rose Reich
July - Iona Robbins
July - Marilyn Sogge
July - Lauren Teeter

District 5 News

Last month we presented several District-level activities you can participate in. While those activities are still available, here are the rules for the Photo Contest, which ends soon.

Your Scandinavian photo can be part of a deck of Nordic playing cards, which Sons of Norway District 5 will be making available for purchase in time for the 2020 Christmas season.

To enter, you can submit up to five of your best Nordic photos, so the district can choose which photos are best for the playing card deck. **Deadline is July 5, 2020.**

Each lodge which participates will have at least one card in the deck. If every lodge in the district participates, we will be able to fill almost the entire deck with one card per lodge.

The winner's name and lodge will be printed at the bottom of the card. Winners will receive a deck of Nordic cards, plus a special certificate. There will also be special "People's Choice" awards.

Some subject areas to consider:

- landscapes or scenery
- transportation including railroads, highways and bridges
- people and cultural events
- museums, churches, government and historical buildings
- folk creatures (trolls, nisse, etc.) (for use as Jokers)

Because "portrait" (tall and not wide) photos will be used on the playing cards, not "landscape" (wide and not tall), consider this in how you select photos to enter in this contest.

Rules:

1. You must be an up-to-date Sons of Norway member in District 5.
2. You must have taken the photos in a Scandinavian country.
3. Up to five photos may be submitted.
4. Photos can be digital or print. Digital photos should be a resolution of at least 1 MB or larger, and 300 dpi or higher. Submit digital images via email in JPEG format. **Use a separate email for each picture you enter.**
5. Print photos can also be submitted by mail as a physical 5x7 copy of the photo. (A digital image is preferred over a physical photograph.)
6. After your submission, the photo will be cropped for the aspect ratio (0.566) needed for a playing card. This will be done by the district, and the cropped photo will be emailed to you for approval.
7. You may also submit your photos in the 0.566 aspect ratio, if you wish. (At 300 dpi, the digital image will be 857 pixels wide x 1507 high.)
8. A lower resolution version of your photo will be put on the District 5 website, so a "People's Choice" vote can be done.
9. Submit a short write-up (3 to 5 sentences) to accompany each photo, to explain the subject of each photo.
10. Your entry must be postmarked or emailed by July 5, 2020, 12:59 PM.
11. The winners will be selected based by the "People's Choice" voting on the District 5 website, as well as by the District 5 Photo Contest Committee.

Submit your entry to: Christina Fairchild, 226 W. River St., Rockton IL 61072

email: SOFND5Contests@gmail.com

Email subject line should be: "Photo contest - Your Name"



SONS of NORWAY

Celebrating **125** Years

Askeladden Lodge
507 Clinton Ave
Kalamazoo, MI 49001

JUNI/JULI 2020 KALENDER

-  • juni 5 - Grundlovsdag - Constitution Day of Denmark
-  • juni 6 - Sveriges nasjonaldag - National Day of Sweden
-  • juni 7 - Unionsoppløsningen - Norway-Sweden Union dissolved 1905
-  • juni 14 - U.S. Flag Day
- juni 21 - Father's Day
-  • juni 17 - Icelandic National Day
- juni 23 - Sankt Hans Dag - Jonsok - Midsummer Day
-  • juli 1 - Canada Day
-  • juli 4 - U.S. Independence Day
-  • juli 4 - HM Queen Sonja's Birthday, 1937
-  • juli 20 - HRH Crown Prince Haakon Magnus' Birthday, 1973
-  • juli 29 - St. Olav's Day (Olsok)
- juli 31 - last day to submit *Askeladden News* articles for the August issue

Askeladden Lodge Library

www.librarything.com/catalog/Sonsofnorway

Contact Curtis Cleveland with questions or to reserve resources.



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.