



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

October 2019

10-19

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, October 6 - *First Sunday*

Fish Boil

Joint event with Vasa

1:30 p.m. - *RSVP required*

Trinity Lutheran Church

Come One, Come All, to a traditional "Door County, Wisconsin"-style Fish Boil for our October meeting with Vasa, the Kalamazoo Swedish American lodge, on the FIRST Sunday of October.

The outside fire heats up at noon, rain or shine. Pyrotechnics (when the fish and vegetables are 'boiled over') follow at about 1:30 p.m. That signals the end of the cooking. We 'plan' to eat about 2 p.m., but the potatoes always have the final say.

This year there will be no suggested donation for the fish (although voluntary donations are gratefully accepted). Coleslaw and Cherry pie are the traditional accompaniments for this dinner. Please consider bringing one or the other (I have been known to bring a different pie, like Pumpkin, and they haven't turned it away yet) but most importantly ... **Contact**

Holly Jensen at hollyjensen@yahoo.com or (269) 385-3693 to let her know if you plan to attend (how many people) and whether you are bringing Coleslaw or Pie by no later than October 1. This is critical to allow our chefs to plan for adequate food as the quantity of fish has to be ordered in advance.

Mark your calendars and invite a friend or two for this uniquely Scandinavian-American autumn tradition.

Coffee will be provided, but you are welcome to bring your own desired beverage as well. Tableware will be provided for those not wanting to bring their own.

Following the meal, we will conduct the lodge business meeting in the lounge on the upper level. The agenda items for this business meeting include: Announcement of the slate of candidates for the 2020 officers.

The Board of Directors will meet immediately after the lodge business meeting.

The Vasa members are responsible for the set-up of this meeting.



Vasa Fish Boil, October 2018

Photo credit: Gail Hadley

ASKELOADDEN NEWS

a little in English...

Most of us still eat dinner at home

What did you eat yesterday? When, where and with whom? And who made the food?

This is what researchers have asked Norwegians, Swedes, Danes and Finns about 15 years apart. First in 1997, then in 2012.

Now the book that summarizes the findings has come out: *Everyday Eating in Denmark, Finland, Norway and Sweden*. It was launched at Oslo Met.

Those who expected us Norwegians to have rejected traditional dishes in favor of exotic foods from other continents that we eat either standing up or out at restaurants were wrong.

Our eating habits are remarkably stable.

One of the few, clear changes is that men make dinner to a greater extent. It is also more common for us to cook together.

Nordic cakes on the outs

Other changes can be summarized as follows:

- Water has replaced milk for lunch and dinner
- Meat dominates at dinner
- We eat more vegetables
- On weekends we eat less regularly
- More are going out to restaurants
- More are eating unstructured and less healthy
- Cakes are out, snacks are in

Meat dominates, vegetables on the rise

Meat still dominates for dinner, and vegetables are on the rise. Eating vegetarian dishes for lunch is much more common than before.

Norwegians typically use ground meat for spaghetti with meat sauce, tacos and pizza.

Chicken is also very popular, both roasted and in dishes inspired by other cultures.

In Norway we eat more fish than in the other countries. Fish of various kinds is still popular, especially in Norway and Denmark.

A total of 13,000 inhabitants in the four countries were surveyed, of which 8,000 were in 2012.

Life Happens in a Heartbeat

While nothing can replace you, having life insurance could help make sure your family is okay if something happened to you. Ensure you have the proper coverage in place. Contact your Financial Benefits Counselor Greg Ragan at gregragan@aol.com or 1 (800) 442-4146.

litt på norsk...

De fleste av oss spiser fortsatt middag hjemme

Hva spiste du i går? Når, hvor og med hvem? Og hvem lagde maten?

Dette har forskere spurt nordmenn, svensker, dansker og finner om med 15 års mellomrom. Først i 1997, så i 2012.

Nå kommer boken som oppsummerer funnene, *Everyday Eating in Denmark, Finland, Norway and Sweden*. Den ble lansert ved Oslo Met.

De som forventet at vi nordboere har forkastet husmannskost til fordel for eksotisk mat fra andre verdensdeler som vi inntar stående eller ute på restaurant, tok feil.

Matvanene våre er påfallende stabile.

En av de få, klare endringene er at menn i større grad lager middagen. Det er også vanligere at vi lager mat sammen.

Nordiske kaker ut

Andre endringer kan oppsummeres slik:

Vann har erstattet melk til lunsj og middag

Kjøtt dominerer til middag

Vi spiser mer grønnsaker

I helgene spiser vi mindre regelmessig

Flere går på restaurant

Flere spiser ustrukturert og mer usunt

Kaker er på vei ut, snacks inn

Kjøtt dominerer, grønnsaker på vei opp

Kjøtt dominerer fortsatt til middag, og grønnsaker er på vei opp. Å spise vegetarretter til lunsj er mye vanligere enn før.

Nordmenn bruker kjøttdeig typisk til spagetti med kjøttsaus, taco og i pizza.

Kylling er også veldig populært, både helstekt og i retter inspirert av andre kulturer enn de nordiske.

I Norge spiser vi mer fisk enn i de andre landene. Fisk av ymse slag er fortsatt populært, spesielt i Norge og Danmark.

I alt har 13 000 innbyggere i de fire landene svart, hvorav 8000 personer i 2012.

Askeladden Lodge Library

www.librarything.com/catalog/Sonsofnorway

Contact Roger Drong with questions or to reserve resources.

ASKELADDEN NEWS

Recap of the September Lodge Meeting

Curtis Cleveland, Cultural Director

At the September Lodge meeting, members had the opportunity to see many slides of Denmark, Sweden, and Norway, as Joni McKinney Weaver, a travel agent of Sea Land Air Travel in Paw Paw, presented a travelogue of her 2018 trip to Scandinavia.

Although many of the slides were the familiar tourist sites, one unique event was the motor procession of the King and Queen of Norway, down Karl Johans Gate in Oslo, on the occasion of their 60th Wedding Anniversary. (This event occurred on August 28, 2018, and is covered in the August 2018 issue of the *Viking* magazine.)

A lunch, unusually heavy with desserts, preceded the cultural program by Joni. Bev Osborn was in charge of the set-up.

During the Lodge business session, Gail Hadley was elected to head up the Nominating Committee to select the 2020 lodge officers.

At the Board of Directors meeting, which followed the lodge meeting, the Board approved the following three grants:

- 1) \$500 Grant to the District 5 Nordic Legacy Foundation in support of the Masse Moro youth camp
- 2) \$100 Grant to the Vasa Satellite Lodge in support of the October 6 Fish Boil
- 3) \$100 Grant to the Sonja Henie Lodge in Lansing in recognition of their 50th anniversary

There was a joint meeting with the Vasa Satellite Lodge. Donations, totaling \$25, collected at the buffet table, were given to the Kalamazoo Loaves & Fishes.

The following members were present: Earnie Best, Esther Ann Brown, Curtis Cleveland, Dennis & Jean Darling, Roger Drong, Holly Jensen, Karen Kunze, Joan O'Bryan, Bev & Curt Osborn, and Gail Hadley.

Sonja Henie Lodge's 50th Anniversary

Curtis Cleveland

We received a nice thank-you note from Gary Lee, president of the Sonja Henie Lodge in Lansing, which is celebrating its 50th anniversary this year.

Our lodge recently gave a \$100 gift to the Sonja Henie Lodge in recognition of this achievement.

In the note, Gary wrote the following:

“Thank you for the generous gift. Hope some of you can make it to the riverboat cruise on October 13. It departs at 1:30 PM. Gail [Hadley] is very familiar with it and knows the details. There will be a lunch served and a Dixieland band. Hope to see you then.

Mange takk, Gary Lee”

Sons of Norway Foundation Month

Curtis Cleveland

The month of October is designated the Sons of Norway Foundation Month.

The Sons of Norway Foundation is a separate 501c(3) not-for-profit corporation, started in 1966, headquartered in Minneapolis, devoted to the promotion of Norwegian culture and heritage. In short, it is a charity, giving out money and grants, chiefly in the form of college scholarships and grants to the Districts and the local lodge to support their activities.

In 2018, the Sons of Norway Foundation made distributions of \$166,000, broken down as follows: \$98,000 in college scholarships to 23 students (average of \$4,250 per scholarship); and \$68,000 in grants to the Districts and the local lodges in support of youth, heritage, and culture.

As of December 31, 2018, the Sons of Norway Foundation had net assets of \$7.1 million.

At the October 6 Lodge meeting, we will collect donations from members for the Foundation. Please write a check to the Sons of Norway Foundation or place cash in an envelope. Donations to the Sons of Norway Foundation are tax deductible.

For more information on the Sons of Norway Foundation, read the Annual Report in the June 2019 issue of the *Viking* magazine.

SONJA HENIE LODGE

INVITES YOU TO JOIN US AS WE CELEBRATE 50 YEARS!

River Boat Cruise on the Grand River

ON THE MICHIGAN PRINCESS
GRAND RIVER PARK – LANSING, MI

SUNDAY, OCTOBER 13, 2019

1:30 - 4:30 p.m.

(Rain or Shine – Fully Enclosed)

Buffet Luncheon – Adults: \$41.00

Children: (Ages 4 - 12) \$20.50

Dixieland Band – Cash Bar – Free Parking

Reservations and Payment are due by October 5th

Payable to: **Sonja Henie Lodge** and mail to:

Vee Bjornson, 12293 W. Greenfield, Lansing, MI 48917

Dock Location, please visit website: michiganprincess.com



SONS of NORWAY

Celebrating **125** Years

5749 Stadium Drive # 245
Kalamazoo, MI 49009

OKTOBER KALENDER

- oktober 6 - **VASA Fish Boil** - 1:30 p.m **RSVP required** by October 1. See page 1 article
Trinity Lutheran Church 504 S. Westnedge St. Kalamazoo. Entrance in rear corner.
- oktober 6 - Askeladden Board of Directors meeting immediately following Lodge business meeting
- oktober 9 - Leif Erikson Day
- oktober 14 - Columbus Day/Indigenous Peoples' Day
- oktober 24 - United Nations Day – *FN-dagen*
- oktober 31 - Halloween
- november 1 - final day to submit articles for *Askeladden News*
- november 3 - Daylight Saving Time ends at 2 a.m.
- november 5 - Election Day in Kalamazoo and other localities

Gratulerer med dagen!

Fødselsdag Hilsener

Oktober Birthdays

James Moe

James John Kraatz

Haakon Selden

Clifford Davidson

October Board Meeting

A Board of Directors Meeting will be held Sunday, October 6, at Trinity Lutheran Church, immediately following our monthly Lodge meeting. Interested Lodge members are welcome to attend.



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.