



# Sons of Norway Fagernes Lodge 5-616 April, May, June 2022



## Upcoming Events

We meet the fourth Saturday each month at Blair Lutheran Church, 126 S. Peterson Ave. Blair, WI 54616

**April 23, 1:00**, Glenn Borreson presents "NORWEGIANS IN LOGGING CAMPS: Immigrants in the Wisconsin Pineries." Servers: Todd & Mary Jo Fetsch, and Virgieann Stecha

**May 14, 9-12:00**, Frokost and Bake Sale, Blair Lutheran Church. **May 20, 11:20**, Syttende Mai lunch at Rainbow. **May 20, 1:30**, Grand View Syttende Mai Program. **May 29, 1:00**, Fagernes float in Arcadia Broiler Days Parade.

**June 21, 6:00**, Fyrbal in Blair Park with Osseo Lodge. We host and it is Potluck.

The Tubfrim project can use our cancelled stamps. Trim them to a 1/4 inch border. Give to LaVonne at one of our meetings.

Bring your used printer cartridges to meetings and give to LaVonne. She can turn in 10 per month at Office Depot and get a \$2.00 each credit to defray the cost of ink and paper for publishing our newsletters and brochures.

## A Past Event



The SON Fagernes Lodge hosted a **Barneløpet**, a Cross-Country Ski Fun/Race for kids on Saturday, Feb. 5, at Arcadia Memorial Park. Top left, Racers toast hotdogs over the campfire to eat with lompe (lefse). Top right, Event board marks the location of the day's Barneløpet activities. Bottom left, racers line up prior to the race start. Races were divided into three age categories. Bottom right, President Todd presents a Barneløpet medal to one of the skiers.

## Our Float is scheduled in these 2022 parades

May 29 - Arcadia Broiler Days

July 10 - Trempealeau Catfish Days

August 28 - Ettrick Fun Days

September 18 - Blair Cheese Festival

## President's Message

### Hilsen Fagernes medlems,

It's foggy here today. My brain too!! But here is my message to you anyway.

Spring is on its way! We had a good winter. We had many activities that were fun and productive. 1)The Baneløpet went well. Good snow and ski tracks. We had the most kids there this year than we've ever had. Thirteen kids 'raced'! Awards were given out Olympic style. Everybody got a medal! A big Tusen Takk goes out to members who helped with the race as well for providing cookies for the kids (Fran, Mary Jo, LaVonne and Marlys). Thanks to Roger as well for helping with the physical portion of set up and take down of event sites. He was Campfire custodian too. We enjoyed Lømpe (hot dogs wrapped in lefse). 2)Our Lodge played Wii bowling at Thill's. Roger was the Olympic Champion there with the highest score. He was unbeatable! A big Tusen Takk too, to Thill's and food bringers (a new Norwegian word 😊). 3) Our lodge also watched Curling at the Centerville Curling Club. Fun times.

We now look forward to God Påske, Frokost og Syttendii Mai. Riding our Viking Ship in parades will also start in May. Keep tuned for dates of the events.

Reminder to order and pay for Fagernes Lodge polo shirts. These are great for wearing on our Viking ship float. Polo shirts are cooler than wearing our vests. They also identify us quickly when we are in a group. Please pay Marlys for the polo shirts. I believe the approximate cost is around \$30.00 + or – a few dollars. (I am getting new prices since these prices were from 2 ½ years ago). The polo shirts will be red with our Fagernes Sons of Norway emblem attached.

Many activities are ahead of us. Come and plan, participate, plan, have lunch ,plan, and wave at people!

Vi Se-es,

Presidentin, Todd

### From Sandra Olson, District 5 Youth Director

Encourage your young people to join us again for the "Magic of Masse Moro"

**Camp Dates:** Sunday, July 17 to Saturday July 30, 2022.

**Age Group:** Open to 9 to 15 year old

**To better plan for our 2022 Masse Moro Camp**, we are asking campers to complete and send their registration, along with your \$100 registration fee by April 1, 2022.

**Tuition for 2022 will be \$1000 for the two weeks of camp;** compared to \$2400 at other comparable Norwegian camps. (the rental of our camp facility, the increase in food expenses and supplies have contributed to the increase in our tuition for 2022)

**Scholarships and matching grants** may be available to those who register early.

**Encourage** all Sons of Norway members, parents, grandparents or aunt or uncle to contact their Lodge for supporting grants and receive matching funds.

**Invite a friend and encourage others to join them** at Masse Moro (do not have to be Sons of Norway member to attend)!

**Campers will be enrolled on a first come first serve basis;** encourage your young people to send their application to me early to secure their place at Masse Moro.

**Details: Masse Moro Norwegian Heritage Youth Camp, July 17 – 30, 2022. Beaver Creek Reserve, Fall Creek, Wisconsin. (Cost: less than 1/2 of other comparable camps) April 1, 2022: Early Registration Deadline May 17, 2022: Lodge Grants & Scholarship Deadline: June 1, 2022: Final Payment Deadline.**

**Visit our Masse Moro website: [www.massemoro.org](http://www.massemoro.org) or the District 5 website at: [www.sonsofnorway5.com](http://www.sonsofnorway5.com) for registration applications and supporting grant applications.**



### **Sons of Norway District 5 Cultural Arts Display 2022, at Madison Marriott West, June 16 - 18**

Part of the 2022 District 5 Convention is the display of cultural arts crafted by Sons of Norway members from throughout the district. This year all judging will be People's Choice. Pre-registration is needed. To participate in the display, Your filled out registration needs to be sent to: Judy Ghastin, 718 Bruce Ct., Madison, WI 53705. **For registration form, go to [sonsofnorway5.com](http://sonsofnorway5.com) and under Programs, click on Cultural Arts.**

- Artists of all ages and levels of experience are encouraged to submit projects.
- Items submitted must be made by the registered person.
- Each item must have an identification label provided with the registration form.
- Drop off items Thursday, June 16, from 1pm to 6pm and reclaim items Saturday, June 18, from 2 to 4 pm.
- If you are not attending the convention, you may send your craft item with someone else.

### **From our Secretary LaVonne Wier**

**1)** An Adult Camp somewhat similar to Masse Moro is being planned for October 2022 in Spring Grove, Minnesota.

**2)** The books our lodge uses for the Adopt-a-School program are presently housed in our storage area of the Blair Lutheran Church. Since they are not being used for the Adopt-a-School program right now, lodge members can sign out books to read. For more information, talk to LaVonne.

### **Påskekrim and the Milk Carton Mysteries**

It wouldn't be an **Easter holiday in Norway** without the tradition of reading gripping crime novels. This unusual combination dates back to 1923, when publisher Gyldendal pulled a media stunt to boost spring book sales. The ploy worked, and a national ritual was born.

Many Norwegians head to the hytte (cabin) over Easter break, and their laid-back vacation days pair well reading by the fire. Each spring, various publishers release special collections of novellas called Påskekrim along with many full-length novels. Other media channels have followed suit, producing crime radio plays, tv shows, films and podcasts.

Since 1997, *TINE dairy cooperative has printed family-friendly whodunit comics on their milk cartons for Norwegians to solve over breakfast during Easter break.* Private detective Ulf Ulvheim (en ulv – a wolf, naturally) has been a recurring character in the Easter-related detective strips. Famous crime writers such as Jo Nesbø, Anne Holt and Gunnar Staalesen and others have authored the storylines. As of 2021, the milk mysteries went digital, to the consternation of many citizens.

Whether you are visiting a hytte, reading mysteries, or enjoying milk,  
**God Påske! Happy Easter!**

## Norway's Ministry of Culture Returns Hundreds of Artifacts

In 2021, the Norwegian government returned a large collection of cultural artifacts to the countries where they originated. This operation was the outcome of cooperative efforts between European countries to quell illegal trade of cultural objects. The Kulturhistorisk Museum (Museum of Cultural History) in Oslo played a key role in prevention. In addition, customs agents stepped up monitoring of cultural heritage crime while police officers and general public awareness have also played a role. These recovery efforts have prevented items such as rings, ancient coins, crucifixes, bracelets and other articles from being sold via illegal channels.

As part of Norway's Cultural Heritage Act, the Ministry of Culture (Kulturdepartementet) determines which objects have been imported illegally, and advises on which ethnographic and archaeological artifacts should be repatriated. Ten different seizures of cultural items were documented and prepared for transport.

"We would like to commend the Ministry of Culture for the clear initiative in the work against cultural heritage crime. It should set a standard for the entire sector that works with irreplaceable cultural heritage," says museum director Håkon Glørstad.

Among the seized items was a Stone Age axe from the US state of Wisconsin, and a 2500 year-old Greek coin stamped with nymph and satyr imagery brought to Norway from Bulgaria without official export papers. Other small objects from the Iron Age, Viking Age and Middle Ages were returned. Many of the items were found through the use of illegal metal detectors.

Norway's Minister of Culture and Gender Equality Abid Raja headed up the return of over 600 of these cultural artifacts at a June 2021 event, signing them over to ambassadors from Italy, Bulgaria, Ukraine, Slovakia, Spain and the Baltic countries. This ceremony was the largest ever event of its kind in Norway.

According to Raja, "Trade in illegal cultural objects is a widespread global problem. Norway is obliged by international agreements to help delimit such trade and movement of illegal cultural objects. I am happy to be able to deliver these items back to the countries where they belong."



Associate Professor Håkon Roland  
with Stone Age axe remnant.

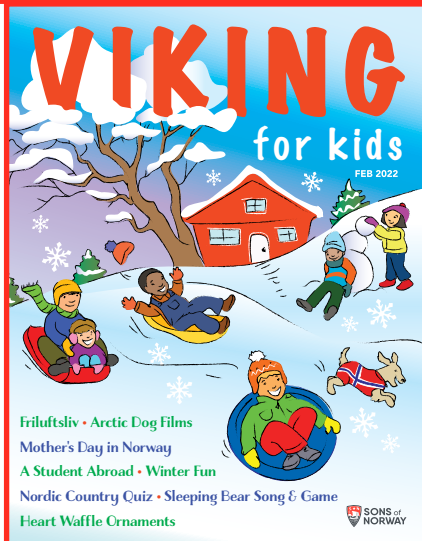
Photo Credit: Martin Toft



## Fagernes Lodge 5-616 Photos



**Photos:**Top left, Fagernes Lodge members (shown) Marlys & Byron Britten, Russell & Betty Glomstad, Roger & Fran Instenes attended the **Centerville WI Curling Club Bonspiel** to watch curlers in action on Feb. 26. Top right, Mary Jo Fetsch & Marlys Britten braved the cold to serve refreshments at our lodge's **Barneløpet** Feb. 5 in Arcadia. Middle left, Russell Glomstad bends down to pet Tootsie, Bob and Marie Thill's dog at our annual **Wii Bowling Event** hosted by the Thills, who aren't members of our lodge but offer their home for members to participate in that event. Others include Roger Instenes (back turned), Betty Glomstad, Mary Jo Fetsch & Fran Instenes. Middle right, Bob Thill, right, programs Todd Fetsch's device for Wii Bowling while Todd and Roger Instenes watch. **Viking for Kids**, pictured left, was launched in 2020 as part of our 125th anniversary celebration. Available for download, Viking for Kids is a quarterly digital publication that includes Scandinavian-inspired articles, quizzes, coloring pages and more! We are excited for our heritage members to have a magazine of their own. Share this magazine with Heritage members and tell us what you learned from Viking for Kids at [culture@sofn.com](mailto:culture@sofn.com).



## Focus on a Member, Betty Glomstad

Betty Glomstad of Galesville was born to Anton and Inez Hertzfeldt in the Whitehall Hospital on September 24, 1943. She has a brother, Robert Hertzfeldt, who is married and lives in Jackson, WI and a sister, Barb Pyka whose husband LeRoy died on January 25, 2022.

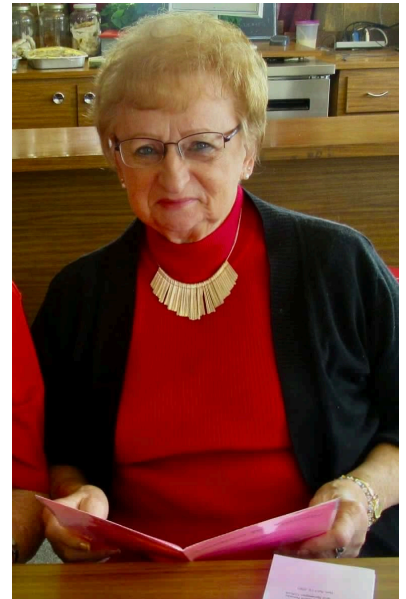
She attended Peck Country School, in Glencoe, middle school in Arcadia and graduated high school in Arcadia in 1961. She then worked on the home farm for one year.

The couple met at the Newcomb Valley Bar where Russell played guitar with a group every other Saturday night. They married on September 3, 1962 at Christ Lutheran Church of Arcadia. Betty's parents drove the wedding party to their reception at Club 93 in a hay wagon pulled by their 1932 Chevy Coupe.

Russell and Betty's children are: David, wife Becky; Barb, husband Steve Bruring; and Judy, husband Jason Olson. They have five grandchildren and two great-grandchildren.

Betty did daycare in her home for 30+ years. She curled with a league for 20 years and was President of the Galesville Curling Club in 1975. She and Russell were 4-H leaders of the Tri-School Workers of Centerville and she was on the Trempealeau County 4-H Executive Board for four years.

Betty said that she joined SON Fagernes Lodge because her husband was a member and she enjoys getting together and socializing. Betty is looking forward to celebrating hers and Russell's 60th wedding anniversary on September 3, 2022.



**Betty Glomstad**

**Sunshine News:** **Lance Bagstad** relates: "Norway won the most medals in the 2022 Winter Olympics and the most Gold medals also. Total = 37, Gold = 16, Silver = 8, Bronze = 13." **Fern Galstad**, Fagernes member, died January 16, 2022. Several members of our lodge attended her funeral on January 22 at the Trempealeau Valley Lutheran Church.

### HAPPY BIRTHDAY!

Due to privacy concerns, only the month is listed

#### April

Peter Fetsch, Rafael Hanson, Gavin Instenes,

Jescey Thompson, Eileen Trim

#### May

Fran Instenes, Laura Dobson, Elijah Jacobs,

Virginia Ronning, Leland Wier

#### June

Russell Glomstad, Lara Hanson, Henry Fetsch, Lynn Thompson



## A Little in English. . .

### Tips for New Norwegians

Get yourself a dog and you'll be integrated in no time.

What is the best way to integrate in Norway, a man asked me recently.

I thought a bit before I answered: Get yourself a dog!

I would call myself reasonably well integrated. Even my first name, Noman, only needs an R before I become a real Norwegian.

I love Christmas, May 17, waffles, Kvikk Lunsj [candy bars], democracy, Munch, bunads, and equality. But I've never had a thing for dogs. In Pakistani culture, dogs are used for hunting and guarding. That's it. They are not pets that sit on your sofa, who are pampered on the train by total strangers and stuffed into various designer bags like a trophy.

Today my children are 11 years old. They are twins and have been whining for a dog for as long as I can remember. After the long pressure, I finally wagged my tail and said yes.

Two months ago, we got a new family member. The wonderful Mocca.

Mocca is a social magnet. After corona closed all of Norway, I have taken a lot of walks with Mocca.

Oh my goodness, so many people want to meet her:

"Oh, she's so cute, what breed is she, what is her name, can I pet her, can I say hi, where do you live ...?"  
The conversation is underway.

And just like that, you make new friends and acquaintances. Lovely. We have lived here for almost four years, but I have talked with eight neighbors, tops. Since March, I've talked to at least 80. Beat that!

Some immigrants believe that Norwegians are like a thermos. Cold outside, but warm inside. You just have to find a way to talk to them. I know that now.

So are you new to Norway, want to learn Norwegian, make Norwegian friends or are simply craving some company? Borrow a dog, or get your own. A dog provides a lot of company, and especially: You get to open the thermos.

## A Little in Norwegian. . .

### Triks for nye nordmenn

Få deg hund og bli integrert på en-to-tre.

Hva er den beste måten å integrere seg på i Norge, spurte en mann meg nylig.

Jeg tenkte meg litt om før jeg svarte: Få deg hund!

Jeg vil kalle meg rimelig godt integrert. Til og med fornavnet mitt, Noman, trenger bare en R før jeg blir en ekte nordmann.

Jeg elsker jula, 17 mai, vafler, Kvikk lunsj, demokratiet, Munch, bunad, og likestilling. Men hund har jeg aldri helt hatt sansen for. I den pakistanske kulturen brukes hund til jakt og vakt. Dermed basta. De er ikke kjæledyr som sitter i sofaen din, blir dullet med på trikken av vilt fremmede og stappes oppi diverse designervesker som en trofé.

I dag er barna mine 11 år. De er tvillinger og har mast om hund så lenge jeg kan huske. Etter det langvarige presset logret jeg til slutt med halen og sa ja.

For to måneder siden fikk vi et nytt familiemedlem. Fineste Mocca. Mocca er en sosial magnet. Etter at korona stengte hele Norge har jeg være mye ute med Mocca.

Og du verden så mange mennesker som vil hilse på henne:

«Å så søt hun var, hvilke rase er det, hva heter hun, kan jeg klappe, kan jeg hilse på henne, hvor bor dere ...».  
Samtalen er i gang.

Vips får man nye venner og bekjente. Herlig. Vi har bodd her i snart fire år, men jeg har toppen snakket med åtte naboer. Siden mars har jeg snakket med minst 80. Slå den du!

Noen innvandrere mener at nordmenn er som en termos. Kalde utenpå, men varme inni. Du må bare finne en måte å komme i snakk med dem. Det vet jeg nå.

Så er du ny i Norge, vil lære deg norsk, få norske venner eller rett og slett er selskapssyk? Lån en hund, eller få deg en egen. Det er masse selskap i en hund, og ikke minst: Du får åpnet termoskorken.





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### Homemade Kvikk Lunsj Bars

#### **Ingredients:**

**1)** 100 grams butter, softened (7 Tbsp., or 1 stick minus 1 Tbsp.)  
**2)** 125 grams powdered sugar (1 cup)  
**3)** 1 tsp. vanilla sugar (or substitute 1/4 cup powdered sugar plus 1 tsp. vanilla extract), **4)** 2 eggs, **5)** 350 grams all-purpose flour (2 3/4 cups), **6)** 1 tsp. baking powder, **7)** 400 grams chocolate (14 oz.)

#### **Directions:**

##### **Step 1**

Mix butter, powdered sugar and vanilla sugar until smooth. Add eggs one at a time and beat on high.

##### **Step 2**

In a separate bowl, mix dry ingredients (flour and baking powder), then add to the butter mixture. Stir with mixer until dough forms.

##### **Step 3**

Pre-heat waffle iron to high. Form the dough into a square and bake each square on the iron for 1-2 minutes.

##### **Step 4**

Immediately after removing from iron, cut the cookie into rectangle-shaped bars while it is still soft.

##### **Step 5**

Melt the chocolate and dip bars in the chocolate. Let cool on waxed paper or cooling rack.



Homemade Kvikk Lunsj Bars