



Sons of Norway Fagernes Lodge 5-616

April, May, June 2023 Newsletter



Upcoming Events

April 22, 2023, 1:00, Glenn Borreson on Canada; Charlotte Dahl and Eileen Trim servers.

May 19, 2023, 12:00 noon, Meal at Eats and Beats in Ettrick.

May 19, 2:30, Syttende Mai Program at Grand View.

May 20, 2023, 9:00-1:00 Frokost and Bake Sale.

May 28, 2023. Our float is in the Arcadia Broiler Days Parade.

June 24, 2023, 6:00, Fyrbal at Pigeon Falls, Osseo Lodge serves, Bring any item to share.

The Stamps for the Wounded 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.



As in the past for multiple years, Non-SON-members Bob and Marie Thill hosted our lodge's Wii Bowling Event to benefit the SON Foundation, Feb. 17. Here, Byron Britten, Eileen Trim, Betty Glomstad, Sharon Helstad and Marlys Britten await their turn. Each player pays \$5 to play.



The event features a delicious Potluck Meal. Top scorer was Marleen Berg and top male scorer was Byron Britten. The SON Foundation funds go to help disabled children in Norway.

Left: Pastor Joe Iverson from Galesville had his children in the Barnebirke. Iverson registered in the big race starting at Cable. He visited the cookie table in Hayward with volunteers Cheryl Wille-Schlesser, left, Judy and Lucy Ghastin, Sandy Olson, and our own Fagernes Lodge member and Zone 2 Director LaVonne Wier.

Fagernes Lodge Winter Activities

HAPPY BIRTHDAY! Due to privacy concerns, only the month is listed

April Peter Fetsch, Gavin Instenes, Jescey Thompson, Eileen Trim

May Marilyn Bjorge, Fran Instenes, Virginia Ronning, Leland Wier

June Henry Fetsch, Russel Glomstad, Lynn Thompson

President's Message

It's a little cold out today with a good amount of snow. Not a bad winter, and spring is just around the corner.

As the new President, I am honored to share happenings and ideas with you all.

Recently, Fran and I took a four-day weekend in Iowa. Just a short time away before being busy at Feyen's Arcade working under my son.

Looking forward to the March meeting with guest speaker playing Hardanger fiddle and video.

Barneløpet went well and we had many children in attendance. Thanks goes out to all who helped.

Soon to be Frokost in May, followed by parades. New members are coming and will be joining in the fun.

Your President,
Roger Instenes

Another Great Recipe:

Rømmegrøt

Sour cream porridge with dried meats was festive food in the olden days and is still considered that today. Sour cream porridge must be made from high fat (35%) natural sour cream, with no stabilizers or gelatin added. For the best results, use homemade sour cream.

Ingredients

1 $\frac{2}{3}$ cups 35 percent fat sour cream (Recipe for homemade

Sour cream in Step 1)

Ingredients for homemade sour cream:

1 cup whipping cream

2 Tbsp. buttermilk

1 $\frac{1}{4}$ cups flour

5 cups full fat milk

$\frac{3}{4}$ tsp. salt

$\frac{1}{2}$ cup granulated sugar

2 Tbsp. cinnamon

Recipe

Step 1

To make sour cream, heat 1 cup whipping cream to 95° F/ 35°C, almost body temperature, then whisk in 2 Tbsp. buttermilk. Let stand at room temperature at least 8 hours, until thickened.

Step 2

Simmer sour cream, covered, about 15 minutes.

Step 3

Sift in $\frac{1}{3}$ of the flour and stir. Simmer until the butterfat begins to leach out. Skim off the fat and set aside.

Step 4

Sift in the remaining flour, stir, and bring porridge to a boil. In a separate pot, bring the milk to a boil. Add milk to the porridge one cup at a time, whisking each time before adding more. Whisk porridge until smooth and simmer about 10 minutes. Season with salt. In a small bowl, mix sugar and cinnamon together. Enjoy the rømmegrøt with melted butterfat and cinnamon sugar sprinkled on top.



Fagernes Lodge Secretary LaVonne Wier's Reports

The Sons of Norway Fagernes Lodge **started 2023 with a meeting on January 28, 2023** at the Blair Lutheran Church. First up was a **potluck meal**. Todd Fetsch led us in the Norwegian table prayer. **Zone Director LaVonne Wier installed the 2023 officers of the lodge.** After being handed the gavel, **President Roger Instenes called the meeting to order.**

Flags were presented, the pledge of allegiance recited, and the national anthems were sung.

New member, Jan Hartung, was introduced by LaVonne Wier. She is a transfer from Fossen Lodge in Black River Falls. That lodge has decided to disband. TerryThompson introduced **new member Dawn Volkman.** She is Terry's daughter. Dawn belonged to the lodge in the past when she lived in Connecticut. Now that she is back in the Midwest, she has rejoined our lodge. A hearty welcome to both gals.

Secretaries report for November and a summation of December was read and approved.

No treasurers report this month.

Terry Thompson reported a **membership total of 44**, which was before we acquired the two new members, so our number is at 46.

We **discussed the cancelled stamp program, which used to be Tubfrim.** Todd Fetsch handed out a flyer with all the information we need to send stamps to Stamps for the Wounded. Stamps can be sent by individuals, or we can gather them up and send in a package occasionally. **LaVonne will continue to collect the stamps for us.** The lodge pays the postage. The money and hours spent on stamps can be counted in community service hours.

Danny Toth was the only member present with a January **birthday.** We sang Happy Birthday to him for his 45th birthday. Roger and Fran Instenes 47th anniversary was in December. We sang Happy Anniversary to them.

Terry Thompson won the \$5.00 door prize and donated it back to the lodge.

Old Business:

The Barnelopet is one week away. Volunteers have made cookies. A **discussion ensued** on who would be present to help with the event, and who will bring the needed supplies.

New Business:

Lodge members were **reminded to check and view the information on the Friendly Fifth Friday (FFF) news** that is published by District 5 Secretary, Darlene Arneson. If you don't get an e-mail notification, **you can go to www.sonsofnorway5.com and check on News and Events to find the posting.** A lot of good information is included in the news, including deadlines. Send an e-mail to Darlene at arnesonfamily5@gmail.com to get your email address on her list to send you the FFF.

Masse Moro camp registrations should be sent in soon for campers planning to go to camp. Forms are on the District 5 Sons of Norway website.

LaVonne Wier will be volunteering at the Barnebirkie in Hayward on February 22 and 23, 2023.

Cookie donations will be transported by her up to the event.

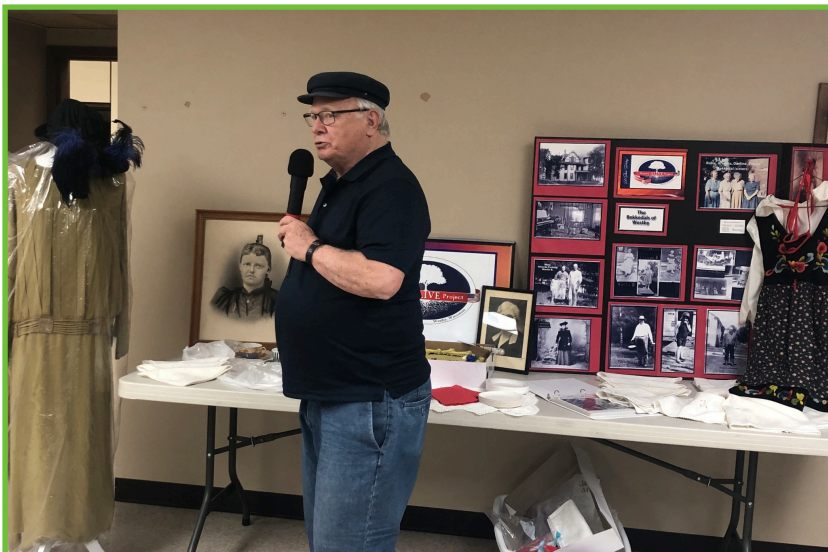
Leland Wier made **a motion to change the way we do the door prize. Instead of having a container with all the names of the lodge members,** he proposed a better way of doing it. His proposal was to have the **servers make a mark or put a sticker on a lunch plate** before we eat. The person who gets the marked plate is the winner. The motion was seconded and approved by the lodge. Todd Fetsch proposed **an increase in the amount of the door prize.** The first suggestion of \$25.00 was not approved. His second suggestion to **raise the prize to \$10.00** was made into a motion, seconded, and **approved by the lodge.**

Bob and Marie Thill will host Wii bowling for us on February 17, 2023. Their address is: N22682 Bakken Road, Ettrick, Wisconsin. Time is 4:30, with a **potluck meal.** We collect **\$5.00 from each bowler and that is sent to the Sons of Norway Foundation.**

The meeting was adjourned.

Program: Todd Fetsch talked about **Stein Eriksen, a world-famous skier from Norway,** who invented freestyle skiing. We watched a short video made in tribute of Mr. Eriksen.

Rodney Moen donated two prizes to the lodge to raise funds. We donated money based on how many times we threw the dice, and **raised \$21.00 for the treasury.** LaVonne Wier won the Aquavit and pewter cups. Rodney received that item from the Norwegian Minister of Agriculture. Dawn Volkman won the Scandinavian cookbook. Roger Instenes won the Ole and Lena fortune cookies brought by Zone Director LaVonne Wier. Respectfully submitted, LaVonne Wier. Next report p. 6.



Top left, as Zone 2 director, LaVonnie and Leland Wier visited Westby for the SON Solvang Lodge meeting where Dave and Ruth Amundsen spoke about and showed artifacts from the Bekkedal family including a stunningly gorgeous wedding gown. Top right, February 4, 2023, was the Fagernes Lodge Barneløpet. Ten children and their parents participated in the Barneløpet at Memorial Park in Arcadia. Middle left, Fagernes Lodge LaVonnie Wier and Cheryl Wille-Schlesser, District 5 president, volunteered at the Barnebirke in Hayward end of February.



March 25, Robin Fossum, Chetek, presented our lodge with the 2021 International Family Lodge of the Year Award.

Three portraits on the right: five new members recently joined our lodge, Top photo; Kielyn, Krista, Weston Rowekamp and bottom portrait, Jan Hartung—all transfers from Fossen Lodge of Black River Falls. Middle portrait, Dawn Volkman, renewed membership to our lodge, from Connecticut, now living in Whalan, MN.



Above: SON Fagernes Lodge Activities/Events

Focus on a Member, Janice Hartung

Jan was born 09/30/1948 to Julius and Regina Nelson. She had one brother, James. He and Jan's parents are now deceased.

Jan attended Melrose Elementary, Junior/Middle and High Schools. Her class of 1966 was the last class to graduate from the Melrose building. After graduation, she worked in Tomahawk; and in Minocqua for the summer and then began two years at UW-Stout in Menomonie.

She first married in 1969 and had four children, Doug, Deb, Don and Denise. She divorced in 1988 and then married Bill Hartung in 1992. She has three step-children, 10 grandchildren and nine great-grandchildren.

Jan's parents farmed all their lives near Melrose, milking and sustaining the livestock by cropping the land. Her father passed away in 1964 at age 67.



Jan Hartung

(Continued) Her brother continued to farm until selling the cows and raising beef and crops. James passed away in 1997. The farm is now owned by Jan and Bill and is rented to a local grain farmer. Jan has held jobs as a waitress, sold Avon products for a few years, was a home-visitor with Western Dairyland HeadStart for 35 years, retiring in 2017. She enjoys gardening, flowers, knitting, embroidery, writing silly poems, going to grandkids events, quilting, baking, reading, writing letters, and playing card and word games. She is a current member of the North Beaver Creek congregation where she is W-ELCA secretary. She also is an Election Clerk "as needed." She was Vice-President of the Black River Falls SON lodge, which has disbanded. Bill worked as a welder at Trane Company and retired in 2011.

Jan finds SON rewarding because she meets people, gets acquainted and learns more about Norway, their customs and foods. She also finds it challenging because of bad weather and conflicts with family activity events.

News from LaVonne Wier, A hearty **thank-you for all the cookie donations for the Barnebirke**. With Westby, LaCrosse and our cookies, I transported 90 dozen up to Hayward. Robin Fossum estimated that lodges throughout District 5 sent about 10,000 cookies. They were definitely well received and appreciated. I have decided to **not restart the Adopt-A-School reading program during this school year**. It was brought to a halt during COVID. I will contact the school next year to get the program going again at Blair-Taylor.

Leland and I will be at the April District 5 board meeting in Norway, IL April 14 - 15, 2023. We will make it into a mini-vacation and visit family along the way. If you have a concern or subject you want to be brought before the board, contact LaVonne before April 10th.

You can **keep saving cancelled stamps and** trimming them. **We will send them periodically to Stamps for the Wounded.** Trim to 1/4 inch all around stamp. Give the trimmed stamps to LaVonne. (Not Tubfrim anymore.)

Fagernes Lodge Secretary LaVonne Wier's Reports continued

The Sons of Norway Fagernes Lodge **met on February 25, 2023** at Blair Lutheran Church. President Roger Instenes called the meeting to order. The pledge of allegiance was recited, and the national anthems were sung. LaVonne Wier introduced and **welcomed our newest members, Kristin, Kielyn and Weston Rowekamp**. They have transferred from the Black River Falls lodge. Secretary's minutes from January were read and approved. Treasurer's report was read and approved. After income and expenses, we have **\$1040.36 in checking**. Terry Thompson gave the membership report. Our **membership is now at 47**. LaVonne showed thank-you cards from the food pantries for our gifts at Christmas. Byron Britten gave a **language lesson on activities** we like to do.

Old Business:

We had 13 skiers at the Barneelopet on February 4th in Arcadia. It was a perfect day. Thanks to the cookie makers, and the people who worked the event. They were: Todd and Mary Jo Fetsch, Leland and LaVonne Wier, Roger Instenes, Byron Britten, and Lamoine Jacobs. Special thanks to Todd for arranging the grooming of the trails and bringing skis, campfire supplies, and medals.

The Barnebirkie was held in Hayward, WI February 23rd. LaVonne Wier brought 90 dozen cookies from Fagernes, LaCrosse and Westby lodges. She worked the registration desk, took pictures for the District, and we had a cookie stand at the Expo. Approximately 10,000 cookies were donated by lodges throughout District 5. It is quite the event to experience, as thousands of skiers come from all over the United States and from other countries.

New Business:

Roger Instenes will be part of a Task Force to look at the alignment of zones in District 5. They will meet via Zoom on March 4th. Todd has been in contact with the president of the Osseo Lodge. They will have the Fyrbal in Pigeon Falls at the dam on June 21st. We will play Kubb. They request we bring any item to share and food if we wish. President Instenes thanked Terry Thompson for donating real silverware for the lodge. We will use up the plasticware and not buy any more.

LaVonne Wier asked the opinion of the lodge whether or not she should proceed with the reading program at a local elementary school. She requested to return to Blair-Taylor for now. Mary Jo Fetsch volunteered to help with the program. The lodge's opinion was to leave it up to LaVonne to do the program this school year. Marlys Britten requested that members of the lodge sing Norwegian songs for the Norwegian church service at French Creek. The service is at 1:30 on April 5th. Several members indicated they would participate. Cynda Solberg will accompany us. We will practice before the March 25th meeting with Cynda at Blair Lutheran. **Rodney Moen reported that Grand View Nursing Home is at half capacity.** Part of the reason is the lack of qualified staff. At this time, Eddie Thompson is in the nursing home, as there isn't enough staff for the assisted living area.

LaVonne Wier is hoping **Robin Fossum from the International Sons of Norway Board will attend our March 25th meeting.** Robin will present our lodge with the International Family Lodge of the Year award for 2021. She also is a very accomplished violinist. If she comes in March, she will play the Hardanger fiddle for us. If she is not able to attend, we will have a Nordic News video featuring Robin Fossum.

The Frokost and Bake Sale will be on May 6, 2023 at Blair Lutheran Church. We discussed possible menu items, such as egg bakes, wafflers, herring, fruit, rommegrot, sweets and lefse, juice, milk and coffee. We need to have everyone who can provide baked goods for sale and work at the event. We will do a signup at the March meeting. Marlys Britten indicated that their granddaughter, Jozephine, is planning to go to **Masse Moro this summer**. Kielyn and Weston Rowekamp are also planning to attend. We will have **three children to sponsor with a scholarship. Rodney Moen** volunteered to contact the local television station and **possibly be a guest speaker to advertise the Frokost and Bake Sale.** LaVonne said we are lucky to have such **good advertising from WWIS radio in Black River Falls, and the local television station, which is now WCOC.** They are very willing to give us free advertising for our meetings and events. Most things presented to the Trempealeau County Times require a fee. Posters will be available to distribute at the March meeting. Meeting was adjourned, and we enjoyed a delicious lunch provided by Terry Thompson and Roger and Fran Instenes. During the lunch, we watched a video called Kaskeland, which was about the early Norwegian settlers in Wisconsin. Leland and LaVonne Wier had viewed it at the District 5 convention in June 2022, and found it very interesting.

Sons of Norway Fagernes Lodge 5-616 History

Blair, Wisconsin is the home of Sons of Norway Fagernes Lodge 5-616. The Lodge meets the fourth Saturday of the month at 1 p.m. at the Blair Community Center at 103 E. Broadway; Blair, Wisconsin. 54616. (Editor's note: Now changed to Blair Lutheran Church, 126 Peterson Ave. Blair, WI 547-616).

The village of Blair was established in 1855. By the 1870's massive groups of Norwegians came to settle the area. The immigrants did not leave their traditions in Norway. There were Norwegian services in church and children were confirmed in the Norwegian language. Churches soon sponsored annual lutefisk dinners that continue today. Families continued to enjoy the food and delicacies enjoyed in Norway. Eventually a lefse plant was established which still ships the Norwegian staple all over the United States. A Norwegian Folk Singing group entertains at gatherings.

Kongsvinger Lodge No. 39 was Blair's first Sons of Norway organization and was established in the early 1900's. The group apparently disbanded.

In August 1991, seventy people from the area met for an organizational meeting for a **new lodge. Thus was established Fagernes Lodge 5-616.**

The Lodge consists of members from Galesville, Ettrick, Blair, Whitehall, Taylor, Arcadia and other areas.

The Lodge has received the "Lodge of the Year" in District 5 three years. (Editor's note: more than three years)

The Lodge has been active in many activities including:

Community: Enter the Sons of Norway float in many area parades.

Cultural: Has lessons on craft and foods at the monthly meetings. Arrange presentations on subjects pertaining to Norway at meetings. Attend various Norwegian performances and places of interest in other areas. Encourages all members to earn Cultural and Sports medals.

Participates in Norwegian Days in Blair. Conducts Norwegian language lessons at each meeting. Conducts an annual FyrBal in coordination with another Lodge.

Donations: Raises money for the Sons of Norway Foundation by members giving donations at every meeting, conducting a Silent Auction annually, holding Wii bowling at a member's (Editor's note: at a non-member's) house and hosting dances in the past. Raises money and **provides scholarships** for Masse Moro by conducting a frokost (brunch and bake sale).

Donating money for needy families at Christmas, to area food pantries and disasters.

Encourages collection of stamps for the Tubfrim project (Editor's note: has been changed to Stamps for the Wounded) which helps disabled children. Provides cookies for the Hayward, Wisconsin Barnebirke.

Youth: Conducts Adopt-A-School program to encourage school-age children to develop an interest in Norway.

Hosts a JuletreFest for members and any children. The children all receive gifts that are donated.

Hosts a Barnelopet.

Cynthia R. Anderson, Historian



Sons of Norway Fagernes Lodge 5-616
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To serve 20-25
 2 quarts dry red wine (about 2 standard 750 mL bottles)
 2 quarts muscatel (or muscato)
 1 pint sweet vermouth
 2 tablespoons Angostura bitters
 2 cups raisins
 Peelings of 1 orange
 12 whole cardamoms, bruised in a mortar with a pestle or by
 covering with
 a towel and crushing with a rolling pin
 10 whole cloves
 1 piece (about 2 inches) of fresh ginger
 1 stick cinnamon
 1 ½ cups akevitt (preferably Linie)
 1 ½ cups sugar
 2 cups whole almonds, blanched and peeled
 Step 1

In a 6- to 8-quart enameled or stainless steel pot, mix together the
 dry red wine, muscatel, sweet vermouth, bitters, raisins, orange
 peel and the slightly crushed cardamoms, whole cloves, ginger and
 cinnamon. Cover and let the mixture stand at least 12 hours so that
 the flavors will develop and mingle.

Step 2

Shortly before serving, add the akevitt and the sugar. Stir well and
 bring it to a full boil over high heat.

Gløgg



Step 3

Remove at once from the heat, stir in the
 almonds and serve the hot gløgg in mugs. In
 Sweden, a small spoon is placed in each mug
 to scoop up the almonds and raisins. In
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