



Sons of Norway Fagernes Lodge 5-616

April May June 2025 Newsletter



Upcoming Events

We meet the fourth Saturday each month unless otherwise noted.



Fagernes Lodge meeting location is at Blair Lutheran Church, 126 S Peterson Ave, Blair, unless otherwise noted.

April 5, 9:00-1:00, Frokost and Bake Sale.

May 16, 11:30, Meal at Anna May's Cafe, Blair.

May 16, 2:30, Program at Grandview Care Center, Blair.

May 25, 1:00, Broiler Fest Parade in Arcadia.

June 28, 6:00 p.m., Fyrbal with Osseo Lodge at Pigeon Falls.

The Stamps for the Wounded can use our cancelled stamps. Please trim them yourself to a 1/4 inch border all around. Give to Fran Instenes 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.



For our January meeting program, Dave and Ruth Amundson of Westby, WI involved Fagernes members in reenacting "A Ship Called Restauration." **Top left:** Dave narrates the topic. All information was written by him. **Top right:** Charlene Saxe waves a "white flag" to indicate the ship is not a plague ship. **Bottom left:** Ruth shows that the ship's toilet facilities were similar to a 5-gallon pail that was dumped overboard. **Bottom right:** David Kraabel is showing their bunk size/sleeping space. More information on "A Ship Called Restauration" on page 5.

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

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

May Marilyn Bjorge, Laura Dobson, Fran Instenes, Elijah Jacobs, Emilee Papenfuss, Virginia Ronning, Weston Rowekamp, Leland Wier

June Henry Fetsch, Ryan Fredrickson, Russell Glomstad, Krista Rowekamp, Lynn Thompson

Focus on a member, our 2025 President, Leland Wier

Leland was born in a 1946 Ford on the way to Arcadia Hospital on May 4, 1953. His parents, now deceased, are Lloyd and Amanda (Brenengen) Wier. His mom was of full Norwegian descent and his dad was of German, English and Irish descent. Leland is from a large family. He has 11 siblings: Armond Wier, Janet Las, Leon Wier, Sondra Brust, Rosalie Stadler, Mary Tjerstad, Marie Thill, Terry Thompson, Rosanna Larsen, Karmon Everson and Franacee Instenes. Four of his siblings, Armond, Karmon, Rosalie, and Janet are now deceased.

Leland attended Galesville Elementary School, Galesville Middle School and graduated from Gale-Ettrick High School in 1971.

He married LaVonne C. Fredrickson on April 25, 1987. She is also a member of our SON Fagernes Lodge and is involved in many things. She is of Norwegian and Swedish Heritage.

In 2006, Leland and LaVonne adopted a 9-year-old boy from Russia, Jack. Leland said, "Our son Jack is very talented and can fix almost anything."

Leland has led a varied life working in several positions throughout. He spent many years dairy farming with his dad and on his own. He spent two years working at the Winona Post and Shopper, years at Northern Engraving in Galesville, and 11 years with the US Postal Service out of Galesville. He is now retired.

His hobbies are singing and going on country drives. He is a member of his church council and enjoys participating in our SON Fagernes Lodge activities. "I'm a member of the Fagernes Lodge because of my heritage and to learn more about my ancestry etc.," he said.

I asked him to share something more about himself and he said, I'm sure comically, "I'm a grumpy old man."

As our new 2025 lodge president, Leland's main goal is, "to get more younger people to join and participate. We need younger people to keep the lodge open and viable and visible. Be proud of your heritage. Learn from your ancestors," he said.

President's Message

We have spring trying to push out the winter. Lots of wind, hang on to your hat!

Well, with the next 3 months, we have the Frokost in April, Syttende Mai in May with eating at Anna May's, and the program at Grand View.

Also, our first parade in Arcadis. Hope it's not so windy that day. For June we have the Frybal with Osseo hosting.

LaVonne hasn't had good response to the Adopt a School reading program. So, no school will be participating this year. So, how about our members pick a book to read?

You can make a book report if you want and earn a cultural pin for your vest. We have a wide selection of books to choose from.

Well, I hope to see you at our meetings and events.
Thank you. Leland



Leland Wier

The Birkebeiner races - the historical background

All the Birken races are founded upon the legendary escape that the Birkebeiners, Skjervald Skrukka and Torstein Skjevla, managed around New Year 1205/1206, rescuing the little prince Haakon Haakonssen from the Baglers. During this civil war the fraction rivaling against the Birkebeiners, the Baglers, was looking for the young heir to the Norwegian throne.

In the fall of 1930, author and forester, Haakon Lie, published an article launching the idea of a ski race in honor of the 1206 rescue of the 18 month old prince, Haakon Haakonsson.

Two years later - on January 10th 1932, 6 men - Fredrik Grundtvig, Agnar Renolen, Peder Olsen, Lars Høgvold, Halvor Kampen and Olaf Larsen, met on the mountain Raufjellet, and formally decided to arrange the very first Birkebeinerrennet. In 1932, 147 men completed the then 59 km long trail - first among them was Trygve Beisvåg, finishing on a respectable 4:51:40

Following the death of the Norwegian king Haakon Sverresson, the two rivaling fractions, the Baglers and the Birkebeiners, fought to gain control of the country.

To keep Haakon Sverressons son - Haakon Haakonsson, from being killed by the Baglers, and by that securing the throne, a small group of Birkebeiners brought prince Haakon and his mother, Inga, north. Just after New Years Eve 1206 the two best skiers - Torstein Skevla and Skjervald Skrukka, carrying the child, chose the route across the mountains separating Gudbrandsdalen and Østerdalen. It was a strenuous journey, but the young prince was brought to safety in Trondheim.

The prince grew to become the king who united Norway, after 1000 years of civil war, and led the country into its golden age during the Middle Ages.

The name Birkebeinere was given by the Baglers, and originally intended to be offensive - referring to their leggings of birch bark, indicating that they were poor and incapable. They proved the Baglers wrong, and today the name carries a sence of pride, strength and endurance - something thousands of people, participating in the historical race every year, keep striving for.

Barnebirkie Update From Darlene Arneson's FFFN of Feb. 28, 2025

"Snow, over 400 youth skiers, and close to 900 dozen cookies made for a great day on the golf course in Hayward where the youngest skiers arrived to participate in "The Greatest Show on Snow." The week of activities in Hayward, WI was et syn å se- a sight to behold. Down to the wire, and just in time, the Norse god of snow, Ullr, dropped multiple inches of white powder on the cross country ski trails in and around Hayward. Near Cable, snow machines cranked out snow each evening."

This is the event that we contribute cookies to each year. This year our Fagernes Lodge donated 20 dozen cookies. It was held on Thursday, February 20, 2025

February was Norwegian Sweater Month and More



Top left photo: Our February program was "Show and Tell" about our Norwegian sweaters. L to R back row: LaMoine Jacobs, Marlys Britten, Dawn Volkman, Virgie Stecha, Leland Wier, Byron Britten, Roger Instenes. L To R front row: Terry Thompson, LaVonne Wier, Mary Jo Fetsch, Charlotte Dahl, Fran Instenes. **Top middle photo:** Our newest member Nettie Weihrouch. **Top and bottom right photo:** As part of our February program, we had delayed installation of all officers, one of which was our new president Leland Wier. Roger Instenes, former president, passes the honor to him and LaVonne Wier, our District Five representative, hands him the gavel. **Bottom right photo:** All members in attendance at our February meeting included: L to R back row: Eddie Thompson, Charlene Saxe, LaMoine Jacobs, Marlys Britten, Dawn Volkman, Virgie Stecha, Leland Wier, Jan Hartung, Byron Britten, Eileen Trim, Dannie Toth, Chris Hamilton, Roger Instenes. L to R front row: Terry Thompson, LaVonne Wier, Mary Jo Fetsch, Charlotte Dahl, Fran I.

Our Float is scheduled in these remaining 2025 parades

May 25, 1:00 - Arcadia Broiler Fest Parade August 17, 1:00 - Whitehall Days Parade

August 24, 1:00 - Ettrick Fun Days Parade September 21, 1:00 - Blair Cheesefest Parade

About our January program “A Ship Called Restauration”

(Some Information taken from the internet)

The Restauration was a sloop that sailed from Norway to New York in 1825, carrying 52 passengers. At the time of arrival in America, passenger numbers had increased to 53 as the captain's wife gave birth to a baby on the way. The ship was 54 feet long and 16 feet wide, about the size of two semitrailers, side by side. The ship's arrival marked the beginning of organized Norwegian emigration to America. Over the next century, some 800,000 Norwegian settlers would follow them to North America, with the majority of them settling in the US.

Voyage

The Restauration set sail from Stavanger, Norway on July 4, 1825. The ship's journey to New York lasted 14 weeks. The ship arrived in New York on October 9, 1825. The ship's captain was arrested for carrying too many passengers, but was pardoned by President John Quincy Adams a month later.

Significance

The Restauration is often called the Norwegian Mayflower. The ship's passengers and crew are often called “Sloopers”. From Merriam-Webster online, “a sloop is a fore-and-aft rigged boat with one mast and a single jib.” The Restauration's arrival in New York led to the establishment of the first Norwegian settlement in the United States in Kendall, New York. The Restauration became a symbol of Norwegian American immigration.

Reconstruction

A replica of the Restauration was built in 2010 by Ryfylke Trebåtbyggjeri on Finnøy.

This Year

A group in Norway plans a trip in 2025 from Stavanger to New York in schooner Restauration to mark 200 years since emigration to America.

LaVonne Wier, Fagernes Secretary & District 5 Representative

The winter wasn't as rough as predicted. Good for us. Not so good for people with frozen pipes due to the lack of snow cover. I hope there wasn't much winter kill for the crops.

Our Frokost is coming up soon! The finalization of the list of workers and supplies will be done at our March 22, 2025 meeting. Flyers and ads will be posted to encourage good participation by the public. Remember, if you are a baker, please go-the-distance to provide goodies for sale.

I will be at a district board meeting on April 25-26, again in the Chicago area. If you have any concerns you would like addressed by the board, let me know.

Leland mentioned it, but I will, also. We have a good assortment of books you can read and use to earn a cultural pin. The paperwork goes to our Cultural Directors to read and approve. If you don't know what to do, ask! No forwarding it up the levels. Virgie and Krista can analyze your input and approve your pin. Also, those Heritage members can do the program, as well! There are books for the younger members. Other cultural activities are the same. Come on, lodge members, let's get going and earn some pins...and learn information or a craft at the same time!

Some lodges have decided to disband in the last year. Let's NOT let Fagernes Lodge be one of them! Participate and invite people who may have an interest to come to meetings. You never know until you ask.

A Little in English. . .

Hearts of Long-Married Couples Beat as One

When couples who have been together for a long time are close to each other, their heartbeats are synchronized.

It may sound strange, however, many studies in recent years have shown that the breath and heart rate of two or more people can be synchronized when they are close to each other.

One study, for example, showed that the heart rate of participants in a choir increased and decreased as one.

And now researchers from the University of Illinois have found that the hearts of older spouses affect each other when they are physically close to each other.

Wore heart rate monitors for two weeks

Researcher Brian G. Ogolsky and his colleagues recruited 10 married couples between the ages of 64 & 88. They had been together for between 14 and 65 yrs.

The researchers equipped the participants with a heart rate monitor and a sensor that registered how close they were to each other. The couples wore the equipment every day for two weeks, and also made a daily report on how they were doing. In this way, the researchers were able to use the data to look for patterns in heart rhythms and distance.

Following each other's rhythms

The results showed that the spouses influenced each other when they were close to each other. But the way the rhythm changed and synchronized was different from day to day.

At one time, the man's heartbeat could adapt to his wife's, at the next it could be the other way around. And the rhythm was not the same every time they were close to each other.

Proximity is important

The researchers describe the patterns as a unique couples dance. When partners are close to each other, their heartbeat patterns suggest a meaningful interaction, they write.

In this study, the researchers conclude that physical proximity was crucial to understanding the synchronization of heart rhythm in couples. But there are also studies that suggest that this is not always necessary for hearts to start behaving the same way.

There is probably a lot of research left before we fully understand this phenomenon.

A Little in Norwegian. . .

Gamle ektefellers hjerter banket i takt

Når ektefeller som hadde vært sammen lenge var i nærheten av hverandre, ble hjerterytmen deres synkronisert.

Det kan høres merkelig ut. Men mange studier de siste årene har vist at pusten og hjerterytmen hos to eller flere personer kan synkroniseres når de er i nærheten av hverandre.

En studie viste for eksempel at hjerterytmen til deltagerne i et kor steg og sank i takt.

Og nå har altså forskere fra University of Illinois funnet ut at hjertene til eldre ektefeller påvirker hverandre når de er fysisk nær hverandre.

Gikk med pulsmåler i to uker

Forsker Brian G. Ogolsky og kollegaene hans rekrutterte 10 ektepar i alderen mellom 64 og 88 år. De hadde vært sammen i mellom 14 og 65 år.

Forskerne utstyrte deltagerne med pulsmåler og en sensor som registrerte hvor nær de var hverandre. Parene gikk med utstyret hver dag i to uker, og avla også daglig rapport om hvordan de hadde det.

Slik kunne forskerne bruke dataene til å lete etter mønster i hjerterytmer og avstand.

Fulgte hverandre

Resultatene viste at ektefellene påvirket hverandre når de var i nærheten av hverandre. Men måten rytmen forandret og synkroniserte seg på var ulik fra dag til dag.

På et tidspunkt kunne mannens hjerterytme tilpasse seg konas, på neste tidspunkt kunne det være omvendt. Og rytmen var ikke den samme hver gang de var i nærheten av hverandre.

Nærhet var viktig

Forskerne beskriver mønstrene som en unik pardans. Når partnerne er nær hverandre, antyder hjerterytme-mønstrene deres et meningsfullt samspill, skriver de.

I denne undersøkelsen konkluderer forskerne med at fysisk nærhet var avgjørende for å forstå synkroniseringen av hjerterytme hos parene. Men det finnes også studier som antyder at dette ikke alltid er nødvendig for at hjerter skal begynne å oppføre seg likt.

Trolig er det mye forskning som gjenstår før vi forstår dette fenomenet fullt ut.

Happy Founders Day



January 16 marks the day that Sons of Norway was founded in 1895. On that day 130 years ago, eighteen individuals signed the charter that made this organization official. While others quickly joined as members, Sons of Norway has come to consider those initial signers as the “founders” of the organization. What they all had in common is that they were Norwegian immigrants who had settled in Minneapolis and experienced the negative outcomes

of an economic depression that occurred in 1893. With each having a love of their homeland, loyalty to their new country and desire for financial security, they came together to create a fraternal organization that could address the financial and economic needs of other Norwegian-Americans.

The charter they signed reflected what Norwegian immigrants of the time would have desired while settling into their new country. While they certainly wanted to preserve their Norwegian culture and language, there was a heavy focus on being hard working, honest, and respected American citizens. In doing so, they could provide financial assistance and help to members—and by extension their families— from ruin in the face of illness, death and hardship.

While the founders became organized on this side of the Atlantic, many happened to come from the same region of Norway. Fifteen members came from the Trøndelag region, which encompasses both Trondheim and Selbu, where many of these men were born. Then there was one each from Oslo, Bergen and the Valdres area.

Once the charter was signed and the fraternal organization launched, many of the founders who signed the charter remained active and lifelong members. Quite a few would go on to serve in various officer roles or other committees. One founding member, Bersvend Draxten, would eventually become the first Supreme President of the organization in 1900, after having served in other roles from the start.

While much more could be said about this forward-thinking group of men, we are grateful to continue celebrating what they envisioned – 130 years later.

At our Fagernes Lodge March 22 meeting, Terry Thompson read a number of her stories, columns and poems. She wrote a column titled “Terry Awhile” published 5 1/2 years in The Galesville Republican newspaper and published 6 1/2 years in The Trempealeau County Times Newspaper.

She has written poetry since a teenager and self-published some of her poems in a chapbook titled “Reflections of My Soul” in 1994. Since that time, she has written many more poems not included in the book.

She retired from The TCT in April of 2017, but has continued to write stories that could be titled “Terry Awhiles.” One of her post-newspaper favorites is “Charlie’s Miracle” which she read for her March presentation.

Some of her favorite poems she read were “My Friend,” “Visual Problem Solving,” “Childhood Concerns,” “Jealousy,” and “The First Time He Knew Loneliness.”



Terry Thompson

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Ingredients

1 1/2 cups whipping cream
4 Tbsp. sugar
1 tsp. vanilla extract
1/2 cup cloudberry jam
caramel to glaze the molds:
2 1/2 cups sugar
1 cup water

Recipe

Step 1

Whip the cream and sugar, add vanilla extract.

Step 2

Gently fold in the cloudberry jam.

Step 3

Pour into a serving bowl and decorate with fresh cloudberries.

Step 4

Serve with krumkaker or almond cookies or use between layers of a torte.

Cloudberry Cream



Note: Cloudberry jam is a golden, sweet, and mildly tart jam made from the rare, wild cloudberry (*Rubus chamaemorus*), a Nordic delicacy often called "forest gold".