



January, February, March 2021



Upcoming Events for our Lodge



Fagernes Lodge meetings take place at Blair Community Center unless otherwise stated

No meetings are scheduled at this time. One event that is upcoming is the **Barneløpet skiing activity** in Arcadia on February 6, 2021. See the poster on page 8.

In lieu of meetings, several interesting audio/visual presentations can be accessed at sonsofnorway5.com/programs/speakers_bureau.php They can be viewed at your convenience by just clicking on a topic OR they can be watched live every Tuesday 6:20 p.m. (Central) or 7:20 p.m. (Eastern) by computer at gotomeet.me/SofN-D5 By cell phone: 646-749-3112. Access code: 509-077-557



LaVonne and the Fetsch's made woven treat baskets (shown left) for nursing home residents. LaVonne made 40 woven heart baskets for Marinuka Manor and 30 for Grand View Care Center. The Marinuka Manor ones contained fruit snacks and Hershey's kisses (they can't accept homemade goods). Grand View residents got cookie press cookies and miniature Danish sugar cookies. Todd Fetsch brought another 30 baskets to Grand View. They hope these little gifts will bring a smile to a lot of faces, especially now when they can't have visitors. LaVonne said, "Even though we can't go put on a program or sing to the residents, they'll know that yes, the Sons of Norway Fagernes Lodge is still here and cares about them."

Save cancelled stamps. The Tubfrim project can use them. Stamps must be trimmed to have at least a 1/4 inch border. Bring them to the meetings.

Save your used printer cartridges and bring them to LaVonne or Terry. We get \$2.00 credit for each cartridge at Office Depot to use toward new cartridges and paper!



The Viking for Kids digital publication came out in August. It is published quarterly. It includes Scandinavian-inspired articles, quizzes, coloring pages and more! It is available for download. Visit sofn.com/VikingforKids.

I apologize that there isn't much for photos in this edition of the Fagernes Lodge Newsletter. Not many photos were generated when we were unable to have our usual meetings and events during this year of COVID-19. Some photos, including the one on the right are borrowed from other Sons of Norway publications. I don't think they will mind. Also not in this newsletter is the "Focus on a Fagernes Member." More difficult to do under the circumstances as well. - Terry



Find Sons of Norway History 1895-2020 on YouTube



a little in English...

It's easier to remember where you've eaten chocolate cake than cucumber

The more fat and sugar your food contains, the easier you will remember it.

Do you become happy when you walk past a café where it smells deliciously like cinnamon buns and cakes? Do you easily remember where this café is located, when you return to the same street?

There is a good reason for this, according to Dutch researchers.

Tomatoes and caramels

Researchers asked 500 people to walk around a room where there were eight different food stations.

At the stations, they placed different types of food: apple, melon, peanuts, chocolate cake, potato chips, cucumber, tomato and caramels.

The participants were not told to remember where the different foods were. They just had to see, taste and smell the food.

Received a map

Afterwards they received a map. Then they were asked to mark on the map where they'd found the different foods. The experiment showed something exciting. All the participants were much better at remembering where the cakes, peanuts and the food with the most calories were. The tomatoes and cucumbers they forgot more easily.

Important for us to remember where the calories are

We humans and animals have an inner map in our brains that helps us find places and things. One of the most important things to remember is where to find food. Whether it's in the kitchen cupboard, out on the town or out on the savannah. Researchers believe that the ability to find foods that are high in calories is something we inherited from our early ancestors. For the first humans, it was very important to remember where they could find food that gave them a lot of energy. Then it became easier to survive in nature.

litt på norsk...

Det er lettere å huske hvor du spiste en sjokoladecake enn en agurk

Jo mer fett og sukker maten inneholder, jo lettere husker du den.

Blir du glad når du går forbi en kafé hvor det dufter deilig av kanelboller og kaker?

Husker du veldig godt hvor nettopp denne kaféen er hen, når du kommer tilbake til den samme gata?

Det er det god grunn til, ifølge nederlandske forskere.

Tomater og karameller

Forskerne ba 500 mennesker om å gå rundt i et rom der det var åtte forskjellige matstasjoner.

På stasjonene har de plassert ulike typer mat: eple, melon, peanøtter, sjokoladecake, potetgull, agurk, tomat og karameller.

Deltakerne fikk ikke beskjed om at de skulle huske hvor de forskjellige matvarene lå.

De skulle bare se, smake og lukte på maten.

Fikk et kart

Etterpå fikk de et kart. Så ble de bedt om å markere hvor på kartet de fant de forskjellige matvarene.

Forsøket viste noe spennende. Alle deltakerne var nemlig mye flinkere til å huske hvor kakene, peanøttene og den maten med mest kalorier lå. Tomatene og agurkene glemte de lettere.

Viktig for oss å huske hvor kaloriene er

Vi mennesker og dyr har et indre kart i hjernen som hjelper oss å finne fram til steder og ting.

En av de viktigste tingene vi må huske, er hvor vi kan finne mat. Enten det er i skapet på kjøkkenet, ute på byen eller ute på savannen. Forskerne tror at evnen til å finne mat som inneholder mye kalorier, er noe vi har fått med oss fra våre tidlige forfedre.

For de første menneskene var det svært viktig å huske hvor de kunne finne mat som ga dem mye

Let us all welcome the new members of our lodge including: Christian Fetsch of St. Paul, MN and Laura Hanson also of St. Paul, MN (not of the same address in St. Paul)

Brittens' Christmas Letter from Norway

Byron and Marlys Britten met Per Odd, of Sønnaveien 43, 1476 Rasta, Norway, at Norskedalen several years ago. He is a distant cousin of Byron Britten and LaVonne Wier. He sent the following letter to Brittens for Christmas 2020.

Dear Family and Friends
Christmas 2020

In the year 1349 a severe pandemic, called "Svartedauen" or "Black Death" hit Europe and Norway hard. This pandemic started out in Asia a couple of years earlier and spread to Europe. It came to Norway on a ship to Bergen harbor and spread rapidly to the rest of the country. More than half of the population was lost, and the country had a tremendous set back.

There has been other pandemics after that, and now, in 2020, we have another virus going, Corona or Covid19, spread all over the world. The world was not prepared for this and the countries seems to handle the situation differently.

In our country the authorities give messages out to the public: stay home, do not travel if you don't need to, keep distance, wash your hands often and WEAR A MASK. People most are following these recommendations, so when we go shopping, we all wear masks.

One day I was at the shopping center, and we were all wearing masks, it came to my mind that we looked like bank robbers. That gave me an idea, why not rob a bank? Nobody would know me and eye witnesses would just say: "It was a man with a mask". Then I realized that there is hardly any old- fashioned bank with a cashier anymore, only a machine in the wall where we can insert a card and redraw money from our bank account. Well, I dropped the idea of robbing a bank.

This year has been different in many ways. We usually go to France two times a year, not this year according to all the restrictions. Normally, in the summertime, we would have had Americans coming to Norway for visits, not this year. With the new vaccines we hope that within 2021 we will be back to "normal". Let us hope so!

The picture shows two julenisser, one with a mask (me), and one without. Remember: WEAR A MASK – it is not over yet.



We wish you all GOD JUL – MERRY CHRISTMAS and a better NEW YEAR!
Beste hilsen,
Per Odd

Hello, District 5 Members, From Cheryl Wille-Schlesser, Vice President District 5 Sons of Norway,

I would like to thank those lodges who have added the District 5 Board members to their newsletter email list. I have enjoyed reading about the ways our lodges are keeping members engaged during the COVID-19 restrictions. Many of us who serve as D5 Directors or Officers are also Zone Directors, and we appreciate receiving new ideas to share with our local lodges, too! I would like to share some of the ideas with your lodges.

The following ideas come from Louise Giles at Nordkap Lodge, Farmington Hills, MI.

- 1) Selected Norsk gift items from local vendors have been secured for their membership. These will be distributed thru Nordkap's *Drive-up Imports Store*. An order form on listing the items for sale was sent to their membership. This makes holiday shopping a safe and speedy activity.
- 2) Tuning in to the Nordic News show each Tuesday night is another way to expose your members to some new information with a Norwegian focus. Many of our lodges have supplied a presenter or two. District 5 Treasurer, Mike Palecek, the brains behind the operation, has made the programs available for lodge use on the District 5 website. Go to *Programs* and then select *Speakers' Bureau*. Additional programming is also shown. Many of the presenters are willing to give a private presentation for your lodge.
- 3) As temperatures turn cooler, get your members outdoors. Not only does an outing strengthen their immune system, it is a beautiful time of the year to enjoy nature. Nordkap is planning a hike at Kensington Metropark.
- 4) Plan a Norwegian Virtual Happy Hour! Ask members to bring a snack (not necessarily Norwegian) and fix a cocktail or pour a glass of bubbly. Those who prefer could also enjoy a glass of hot chocolate or apple cider. Other could consider a glass of their favorite soda. Keep your membership alive; catch-up with what others have been doing during this time. Skål!

At the District 5 fall Board Meeting held on October 10, 2020, all Zone Directors gave a report on the current happenings in their assigned lodges. They also shared programming tips that you might find helpful. Read on!

- 1) Use this time away from your lodge members to organize lodge directories and create snow calling trees for those members in the northern climes without email service.
- 2) Identify lodge goals for implementation and set budgets for special projects.
- 3) Send holiday cards to those members who are at care facilities or who are homebound.
- 4) Make a special gift for your members: a tiny gnome, reindeer, or pine tree with simple decorations.
- 5) Consider purchasing a poinsettia plant to adorn their space over the holidays. Include greetings from your lodge members.
- 6) Ask your members to update your cookbook recipes or plant the seed for making one!
- 7) If you have someone in your lodge who would like to teach a class, invite them to do so virtually.
- 8) Plan a "Show and Tell" meeting where members bring an item from their Norsk collection to share with others.
- 9) Mail or porch-drop any membership certificates, pins, or sports medals members have earned during the Virtual Walk to Norway.
- 10) Plan a community service project that can be implemented in 2021 when restrictions have been lifted in your area. *Continued on page 7.*

Our President's Message

Ord fra din Fagernes Losje Presidentin,

Greetings from our house to your house. May it be a brighter year this coming year! We hope you had good Christmas and Happy New Year times. The Jule Nisse did find our house OK.

I look to see more snow for our annual Barneløpet ski race in Arcadia at Veterans Memorial Park on Feb 6th for the Barneløpet For me too!

Give me a call if you can help out with the event. We need setup people, cookies, lefse, lompe makers (also known as pølse med lompe in Norway), snack servers, course guides, ceremony helpers. Prayers for snow...but not too much. Too much will make it harder to make good cross-country ski tracks/trails.

The event will go forward unless a weather or health catastrophe occurs. Norwegians are rugged, right? **Afterthought Note: According to President Todd, the Barneløpet now is considered tentative so it may or may not happen.**

As of this writing, I do not see us meeting this year in person yet. The program committee has a hard time planning anything during this pandemic where they/we cannot meet. Unless we do some virtual meetings. Problem is that not everyone has a computer. Although a smartphone works too - you just have to know how it works.

The Newsletter and word of mouth (telephone, holler out the back door, or carrier pigeon) will have to be our communications method to you all.

I look forward to meetings and our Frokost, Picnics, Fyrbal, and parades.

Cheers!

Todd Fetsch, Presidentin Fagernes Losje

Sunshine News

Fagernes member, Christy Anderson of Boscobel, WI had cancer surgery in December. She will have radiation in the future but is presently doing well. Karmon Everson, sister to Fran Instenes, Leland Wier and Terry Thompson is still on hospice with liver failure and still hanging in there. We are thankful she made it through 2020. Karmon's address: (She likes cards) 852 East Broadway St., Blair, WI 54616.

HAPPY BIRTHDAY!

Due to privacy concerns, only the month is listed

January

Jillian Bagstad, Donald Ronning, Danniel Toth

February

Lance Bagstad, Charlotte Dahl, Christian Fetsch, Sierra Instenes, Isla Kettinger, Jacob Thompson

March

Zacharie Dobson, Gage Instenes, Vanya Rivero, Charlene Saxe, Shirley Stanford, Susan Zubke

Recap of 2020 by our Recording Secretary

The Sons of Norway Fagernes Lodge started 2020 well with the January installation at the Blair Lutheran Church, after a dinner at the Rainbow Restaurant. Our second meeting had guest speakers Elmer and Louise Mattila. They showed a presentation of their trip around Iceland in 2013. Plans were made for further meetings, but were cancelled by the COVID 19 shutdown.

The 2020 Barneløpet was held February 1 at the Arcadia Memorial Park. Thirteen young people tried cross-country skiing. They finished the race and won medals. Snow and trails were great. All ate Lompe med polse, cookies, and hot cocoa. - **this paragraph added by Terry**

We did not participate in any parades in 2020. We did not have a bake sale/Frokost. Masse Moro was cancelled. There wasn't a Fyrbal with Osseo. Their lodge will host the 2021 Fyrbal. We did not have a Syttende Mai celebration of any kind. International headquarters ordered all lodges to not meet in person.

The District Convention at Madison, and the International Convention in Norway, were both cancelled. Delegates to the 2018 conventions remain as the delegates until 2022. Our District 5 delegates are Marlys Britten, Eileen Trim and LaVonne Wier. LaVonne is also a delegate from District 5 at the International level. Several resolutions at the district and international level came before the delegates for a vote.

The Adopt-A-School reading program was presented to the Arcadia Elementary in February 2020. There was a lot of interest and enthusiasm. It was put on hold due to the shutdown of school in March 2020. (See Reading Program update on page 7)

District 5 queried members about realigning the zones. After they received opinions from members, the district board proposed which lodges would be in each zone. Our delegates voted to accept the new alignment of our zone, Zone 2. The changes include the deletion of three lodges that have disbanded, and the addition of one new lodge in Illinois. If it is approved by the board, this change will not be instituted until the 2022 District convention.

Lodges were encouraged to conduct meetings by Zoom, and participate in District offerings. They have a Tuesday night program most weeks, and these programs can be viewed online at www.sonsofnorway5.com. Members of District 5 were encouraged to submit pictures of Norway for a contest. The winning pictures were made into playing cards and were available for purchase.

An activity to keep us connected was started in November. Members were asked to participate in a "Story Time", where we share stories with one another. Several members have submitted stories that were shared via e-mail with the rest of the lodge. This project will continue indefinitely. If there is enough participation, the shared stories might be made into a booklet.

Our District Secretary, Darlene Arneson, publishes the Friendly Fifth News on e-mail every Friday. These postings keep us up-to-date on what is going on with Sons of Norway, our district, and give reminders of deadlines.

LaVonne Wier and Todd Fetsch made Christmas woven basket hearts filled with goodies for all residents of Marinuka Manor and Grand View.

After being asked to continue, the officers of 2020 for the lodge are continuing in their positions for 2021. As we will not know when it will be safe to have lodge meetings again, none are proposed for 2021 at this time.

Respectfully submitted,
LaVonne Wier

Current Status of Our Adopt-a-School Reading Program

Back in February 2020, LaVonne Wier, our Adopt-a-School Coordinator, took our book library to Arcadia Elementary and presented the program to the entire student body. There was a lot of interest. Shortly after COVID hit, and schools were closed. With the uncertainty of the virus, and school being taught differently, the reading program is on hold. LaVonne just very recently received a request to remove the books. They are boxed up and in the school's office waiting for her to pick them up. So, they are back in our lodge's possession. If anyone is interested in requesting a book to read or if you need a list of books available, contact LaVonne at 2nor1rus@gmail.com or 608-539-3243.

Continued from page 4.

GOALS OF THE DISTRICT MEMBERSHIP COMMITTEE

- 1) All Zone Directors will hold a Zone seminar for their members in 2021.
- 2) An Emergency Ad-Hoc Committee will be created by the District President to assist lodges with complex issues.
- 3) The District will align its membership recruitment goals with that of the International Board.
- 4) The Chair will request that a new form be created from the International Office to be used when one is gifting a membership to others.
- 5) Zone Directors will identify lodges in their zones that need assistance with declining memberships.
- 6) The Chair will make available a Power Point slide show which is an overview of Sons of Norway that can be used by Zone Directors or by individual lodges who are preparing for a membership recruitment event.

LOOKING AHEAD...

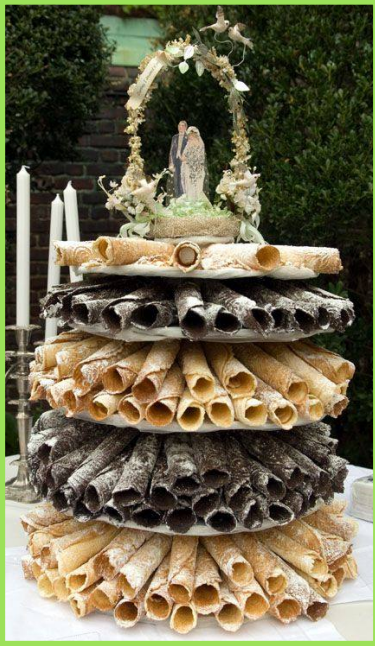
Weather and health restrictions permitting, the District 5 Board plans to hold its spring meeting in Nashville, TN the weekend of April 16-17, 2021.

List of Returning (all) Fagernes Lodge Officers for 2021

President: Todd Fetsch; **Vice-President:** Roger Instenes; **Secretary:** LaVonne Wier; **Assistant Secretary:** Terry Thompson; **Treasurer:** Marlys Britten; **Program Committee:** Mary Jo Fetsch (Chairman), Eileen Trim, Marleen Berg, and Leland Wier; **Social Committee:** Fran Instenes (Chairman), Virginia Ronning, and Virgieann Stecha; **Float Committee:** Roger Instenes (Chairman), Todd Fetsch, Danniell Toth, and Byron Britten; **Sports Director:** Charlene Saxe; **Language Director:** Byron Britten; **Editor:** Terry Thompson; **Publicity:** LaVonne Wier; **Cultural Directors:** Virgieann Stecha, Charlotte Dahl; **Historian:** Cindi Anderson; **Sunshine:** Fern Galstad, and Charlotte Dahl; **Adopt-a-School:** LaVonne Wier; **Auditors:** Roger Instenes, and Eddie Thompson; **Financial/Membership Secretary:** Terry Thompson; **Nominating Committee:** Fran Instenes, and Mary Jo Fetsch.



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*Planning a wedding in 2021?
 How about considering a
 "krumkake" wedding cake?
 Pretty neat, huh? Probably
 only if all your relatives are
 Norwegian.*

**Barneløpet is
 tentative; check
 with Todd Fetsch**

Barneløpet

(Children's Ski Event)



Saturday, February 6, 2021

Arcadia Memorial Park

Registration at 1:00 p.m
\$2.00 fee per child

Prizes and snacks. Skis available.
 Social distancing and face masks.
 In case of inclement weather, this event will be cancelled.

Sponsored by
 Sons of Norway
 Fagermes Lodge

