



Sons of Norway Fagernes Lodge 5-616

January February March 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.

January 25, 12:00, Potluck at noon. Program: David and Ruth Amundson: Follow the ship, "Restauration," and its journey.

February 22, 1:00. Program: Wear your Norwegian Sweater and explain the pattern. Servers: Roger and Fran Instenes.

March 22 1:00, Program: Terry Thompson presents some of her Poetry and Stories. Servers: Bryon and Marlys Britten and Betty Glomstad.



The Stamps for the Wounded can use our cancelled stamps. Trim them to a 1/4 inch border. 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.



Top left: At our November meeting, Leland Wier and Dawn Volkman arrange one of the new flags that Dawn ordered. **Top right:** Todd Fetsch plays for our Juletreff meeting in December. **Bottom left:** All members in attendance at our December Juletreff meeting gather around the Juletre that is surrounded with gifts to be brought to the Trempealeau County Sheriff's Department and then distributed to children. **Bottom right:** Todd and Mary Jo Fetsch and Danny Toft pose by our Juletre.

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

January Dannel Toth

February Charlotte Dahl, Sierra Instenes, Isla Keltinger, Jacob Thompson

March Zacharie Dobson, Valerie Dyb, Gage Instenes, Vanya Rivero, Charlene Saxe, Dawn Volkman

Final Message from our 2024 President, Roger Instenes

It's a good sunny morning, cold but normal, and we have had a good year.

Our condolences go out to Rowekamps on the loss of their father and their grandfather Christmas Eve.

Our Florida family, the Riveros, are here for awhile because we have two family Christmases this weekend.

We enjoyed all our parades with Arcadia being skipped because of rain.

I enjoyed my time as president. Thanks for everyone's help. Now it's time to pass the Fagernes Presidency on to Leland.

Respectfully submitted, Roger Instenes

Message from our New 2025 President, Leland Wier

Godt Nytt Ar. Happy New Year,

We will have a great year with programs, parades and gatherings with good food, etc. Bring a friend along to a meeting, maybe they will join. You can share some time and memories with them. We have a good program for January with more to come. Hope to see you all there. So welcome 2025! Leland

Message from our Secretary, LaVonne Wier

It's a new year! There'll be lots of opportunity to enjoy being part of Fagernes Lodge! I will not be attending the Barnebirke this year in Hayward. The cookie tent and Expo will still need cookies. Will our lodge bake 'em so someone can take 'em? Have your answer at our January meeting. We can send cookies; send money; or both. With some luck, the kids will be able to ski this year, instead of walk because of the lack of snow.

Have you asked someone to come visit us at a meeting lately? How about offering to give them a ride so they don't have to walk in all alone? There will be several good programs offered that anyone can enjoy. Let's double our efforts to bring in new possible members. Who knows?

Someone you ask may say "yes"! Share the items that are posted on our SonsofNorwayBlair Facebook page on your OWN Facebook page. We don't want what we are doing to be a secret!

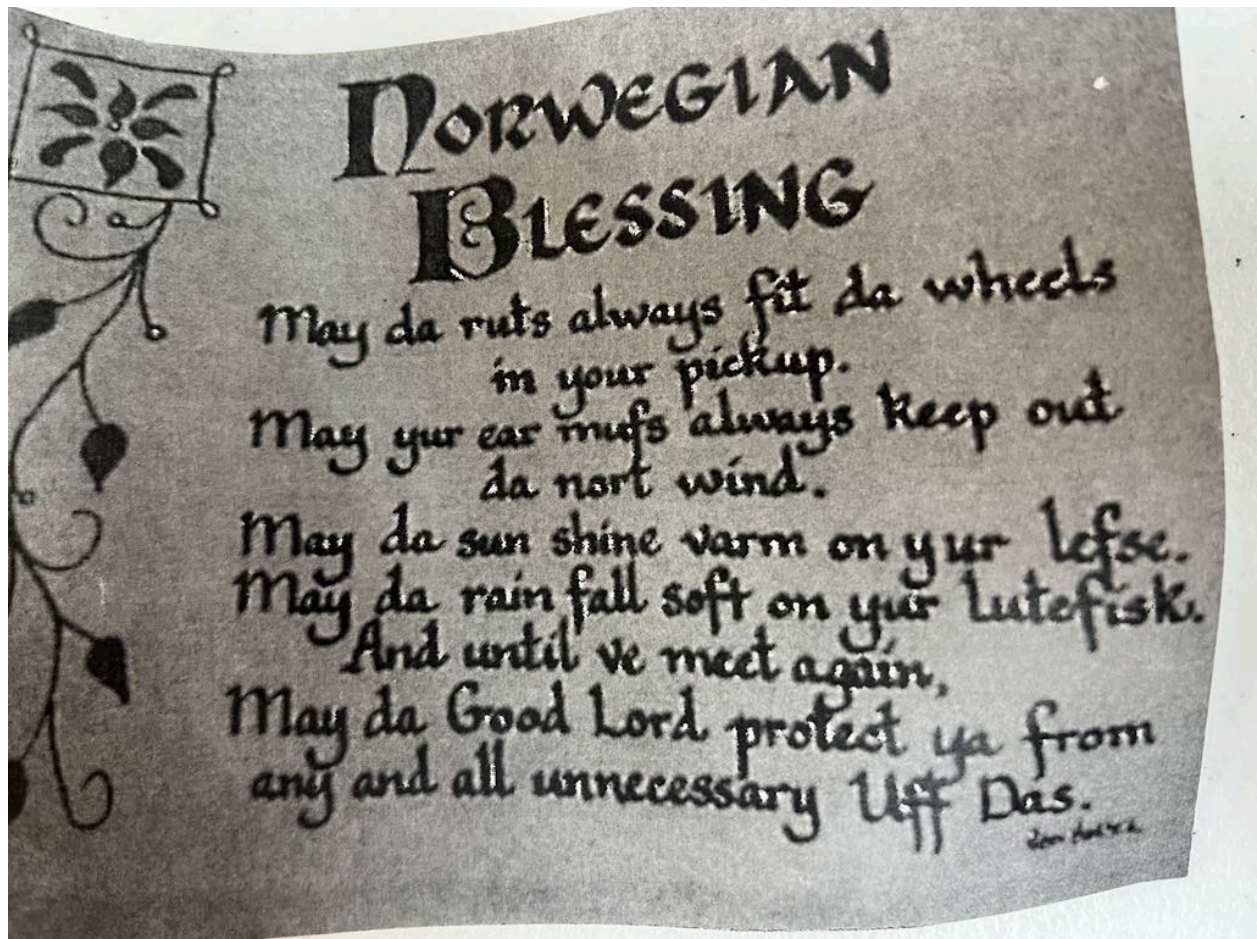
I'll soon start up the Adopt A School reading program at Blair-Taylor Elementary, with the assistance of the library person. I hope there will be the enthusiasm to participate as there was in past years. I'm also going to promote the availability of Masse Moro camp. The dates for this year are July 13 - 26. If we get some interest, that doesn't mean Fagernes Lodge will have to sponsor every child. There are possibilities to have other lodges with no campers sponsor children. Ask any former camper...it is a blast, worthwhile, and so much fun! Think about if there is a child you know who might like to go to camp. To read about it, the family can go to www.massemore.org Their family does not have to be members of Sons of Norway.

LaVonne Wier, District 5 Publicity

From Sons of Norway Fifth District Board Meeting Highlights Friday and Saturday, November 8-9, 2024

Goals for the biennium

- • To encourage lodges to increase their membership by 5%.
- • To increase the number of campers attending Masse Moro to 45.
- • To encourage lodges to donate to the SN D5 NLF so the District can match the full \$10,000 during the fall campaign.
- • To have 101 members participate in the 2025 Sports Throwing Challenge.
- • To have at least 900 dozen cookies donated for Barnebirkie.
- • During the next biennium, 100% of the lodges are visited in-person or virtually for a meeting or lodge event, by at least one member of the District Board.



Fagernes Lodge Members at our Juletreffest



Top left: Marlys Britten, Virgieann Stecha, and Mary Jo Fetsch are hard at work in the kitchen. **Top right:** Dawn Volkman and Leland Wier are enjoying each other's company. See if you can read Leland's shirt. **Middle left:** Betty and Russ Glomstad look happy to be at

the Juletreffest. Russ is wearing his musical/animated Santa hat that he proudly turns on for our enjoyment. **Bottom left:** Rod and Kathy are laughing about something. Can you guess what? **Bottom right:** Fran and Roger are enjoying the day as well.

Though Christmas is over, Christmas baking still holds interest especially for those who do Norwegian baking. It's traditional and even brings families together as an annual event.

From a SON E-Post: "One of the important facets of norsk jul is food—both sweet and savory. The rule of thumb for julebakst (Christmas baked goods) is that you should have a good variety of cookies, in fact, seven kinds or sju slag /syv sorter kaker. At Sons of Norway, we know our members LOVE baking. So, we've gathered some of our favorite Christmas cookie recipes, baked them, and wanted to share them with you." **Editors note:** Here are two of the seven. For the other five recipes go online to: sofn.com/seven-kinds-of-christmas-cookies/

SANDKAKER/ SAND TARTS

Simple ingredients

INGREDIENTS

1 cup plus 2 tbsp butter, softened
1 cup sugar
1 large egg, room temperature
1 teaspoon almond extract
1/2 teaspoon vanilla extract
3 cups all-purpose flour

DIRECTIONS

In a bowl, cream butter and sugar until light and fluffy, 5-7 minutes. Add egg and extracts. Blend in flour. Cover and chill for 1-2 hours or overnight.

Preheat oven to 375°F. Using ungreased sandbakkemolds, press 1 tablespoon dough into each mold. Bake cookies in molds until they appear set and just begin to brown around the edges, 10-12 minutes.

Cool cookies for 2-3 minutes in molds. When cool to the touch, remove from molds. To remove more easily, gently tap with a knife and carefully squeeze the sides of the mold.

From Taste of Home

<https://www.tasteofhome.com/recipes/sandbakkelse-sand-tarts/>



KRINGLA

*No special equipment
Simple ingredients*

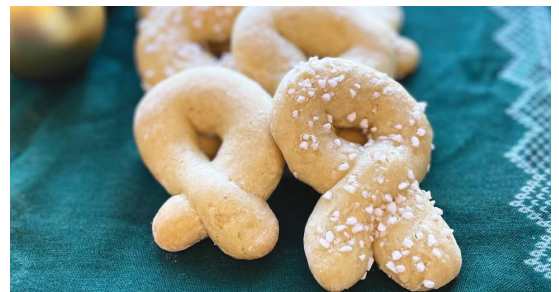
INGREDIENTS

1 egg
1 cup sugar
1 cup sour cream + 2 t melted margarine
2 tsp. vanilla
2 cups flour
1 tsp. soda
1/4 tsp. salt

DIRECTIONS

Mix together egg, sugar, sour cream, margarine and vanilla. In a separate bowl, mix the flour, soda and salt. Use more flour if dough is sticky. Pinch off dough and roll into 6-inch strands. Form into a wreath or pretzel shape. Optional: brush with egg white and sprinkle pearl sugar over cookies.

Grease a cookie sheet and preheat oven to 350°F.
Bake for 12-15 minutes until a light golden color.



A Little in English. . .

War Hero Norman Edward Midthun Has Died

American Norman Edward Midthun was the pilot for Crown Prince Olav after the war. He was 96 years old.

August marked the end of an eventful life. Midthun was laid to rest on August 14. Midthun spent large parts of his career in aviation, but it was perhaps the war years that left the deepest mark on the American whose grandparents were born in Norway.

When he was 17, Midthun wanted to enlist in the US Navy Air Force, but was rejected because of his age.

Instead, the choice fell on the Norwegian Air Force (then the Navy and Army Air Force, -Ed.) Which had established itself outside Toronto in "Little Norway."

Despite few expecting him to do so, partly because he barely spoke Norwegian, Midthun became the first American to receive "Norwegian wings" during World War II, according to an obituary published in Star Tribune.

Then he flew, among other things, reconnaissance missions and he transported saboteurs to the coast of Norway during the occupation. When the war was over, he was selected to be the then-Crown Prince Olav's pilot during a post-war mission, among other things to assess the damage inflicted on Norway during the war.

A Little in Norwegian. . .

Krigshelten Norman Edward Midthun er død

Amerikaneren Norman Edward Midthun var piloten til kronprins Olav etter krigen. Han ble 96 år.

I august markeres slutten på et begivenhetsrikt liv. 14. august stedes nemlig Midthun tilhvile. Midthun tilbrakte store deler av sin karriere innenfor luftfarten, men det er kanskje krigsårene som satte dypest spor hos amerikaneren der begge besteforeldrene ble født i Norge.

Da han var 17 år ønsket Midthun å verve seg til den amerikanske marines luftvåpen, men han ble avvist på grunn av alderen.

I stedet falt valget på Det norske luftforsvaret (daværende Marinens og Hærens flyvåpen, journ.anm.) som hadde etablert seg utenfor Toronto i «Little Norway».

Til tross for at få forventet at han skulle klare det, blant annet på grunn av at han knapt snakket norsk, ble Midthun den første amerikaneren til å tilegne seg «norske vinger» under 2. verdenskrig, ifølge en nekrolog publisert i Star Tribune.

Da fløy han blant annet rekognoseringsoppdrag samt at han fraktet sabotører til kysten av Norge under okkupasjonen. Da krigen var over ble han utvalgt til å være daværende kronprins Olavs pilot under et etterkrigsoppdrag, blant annet for å vurdere skadene som var påført Norge i løpet av krigen.

Sons of Norway Foundation Scholarships

From Darlene Arneson's Friendly Fifth Friday News: The Sons of Norway Foundation awards approximately 25 scholarships to promising students each year and promotes cultural exchange and support education to help students prepare the next generation of workers.

All scholarships are open for application starting October 1. Deadlines vary so please check the information on each scholarship.

The scholarship application takes some time and thought, so please do allow ample time. You may save drafts of your application and return to it when ready.



**SONS of
NORWAY
FOUNDATION**

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Scholarships

In keeping with our values of commitment to life-long learning and service, and funding innovative individuals and opportunities, the Sons of Norway Foundation awards approximately 25 scholarships to promising students each year. Please go to www.sonsofnorway.com/scholarships for full guidelines. Applications open October 1 annually.

| Name of Scholarship | Deadline | Country of Study | Age Range | College Credit Needed | Gender | Field of Study | Sons of Norway Membership | Length of Award | Maximum Award | Level | Applicant Citizenship |
|---|----------|-----------------------|-----------|-------------------------|--------|--|---|-----------------|---------------|------------|------------------------|
| Astrid G Cates | 2/15 | USA | 17-26 | None | N/A | Any | 1 year | 1 year | \$1,500 | T/V | USA |
| Bernt Anker | 2/15 | USA | 17-25 | None | N/A | Any | N/A | 4 years | \$3,000/year | U | USA |
| Dan & Betty Rude Scholarship | 2/15 | USA | 17-26 | One full year | N/A | Elementary Education | N/A | 1 year | \$3,000 | U | USA |
| District 4 | 1/15 | USA, Canada or Norway | 18+ | None | N/A | Any | Must be D4 adult member | 1 year | \$1,000 | FHS/OISS/U | Canada or USA |
| District 6 | 2/15 | USA | 16-23 | 1 semester or 1 quarter | N/A | Any | Member for 1 year or Child/Grandchild of Member | 1 year | \$1,500 | U or T/V | USA |
| Douglas Warne-Rolf & Wenche Eng | 1/15 | Norway | Any | One full year | N/A | Any | Member or Child/Grandchild of Member for 1 year | Up to 1 year | \$3,000 | FHS/OISS/U | Canada or USA |
| Elaine Nelson | 2/15 | USA | 17-26 | None | N/A | Education, Agriculture, or Business | Member or Child/Grandchild of Member for 1 year | 1 year | \$3,000 | U/G | USA, Canada, or Norway |
| Helen Tronvold Folk High School | 1/15 | Norway | 17-26 | None | N/A | Folk High School | 1 year | 1 year | \$3,000 | FHS | USA |
| King Olav V Norwegian-American Heritage | 1/15 | Norway or USA | 17+ | None | N/A | Scandinavian studies in USA or program in Norway | N/A | 1 year | \$5,000 | U/G | USA |
| King Olav V for Norwegian Citizens | 1/15 | USA | 17+ | None | N/A | Any | N/A | 1 year | \$3,000 | U/G | Norway |
| Lund Fund | 1/15 | Any Country | 17+ | None | N/A | Any | 1 year | 1 year | \$3,000 | U/FHS | USA |
| Myrtle Beinhauer | 2/15 | USA | 17-26 | None | N/A | Any | 1 year | 1 year | \$4,000 | T/V, U | USA |
| Nancy Lorraine Jensen Memorial | 2/15 | USA | 17-35 | One term | Female | Science or Engineering | 3 years | 1 year | 100% tuition | U | USA |
| Nordkap Lodge 3-215 | 2/15 | USA | 17+ | None | N/A | Preference to medical field | Member or Child/Grandchild of Member for 1 year | 1 year | \$2,000 | U | USA |
| Orel & Marie Winjum Memorial | 2/15 | USA | 17+ | None | N/A | Any | N/A | 1 year | \$2,500 | U | USA |
| Oslo International Summer School | 1/15 | Norway | 17-26 | None | N/A | Any at Oslo International Summer School | 1 year | 1 term | \$2,500 | OISS | USA |
| Sissel and Roger Espeland Memorial | 2/15 | USA | 17-26 | None | N/A | Any | 1 year | 1 year | \$4,000 | T/V, U | USA |

FHS: Folk High School, T/V: Technical/Vocational, U: Undergraduate, G: Grad School, OISS: Oslo International Summer School

Updated September 2024





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At our September SON meeting, I was asked to put Charlene Saxe's recipe for Scalloped Potatoes, which she served that day, in the next newsletter.

So here it is and it's simple.

Charlene Saxe's Scalloped Potatoes

I talked with Charlene that day and she said:

"It's just Potatoes and Diced Ham made with the Scalloped Potato Mix packaged at Menard's. Then I add Extra Cream and Butter."

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