



Sons of Norway Fagernes Lodge 5-616

July, August, September 2022

Newsletter



Fagernes Lodge meeting
location is now at Blair
Lutheran Church, 126 S
Peterson Ave, Blair, WI 54616

Upcoming Events

June 24, 6:00, Fyrbal in Blair Park with Osseo Lodge, we host, Potluck; Play Kubb

July 23, 1:00, Tenba Ridge Winery, Potluck

August 21, 1:00, Our float in Whitehall Beef and Dairy Days Parade

August 28, 1:00, Our float in Ettrick Fun Days Parade

September 18, 1:00, Our float in the Blair CheeseFest Parade

September 24, 1:00, Program: Glenn Borreson presents: NORWEGIANS IN LOGGING CAMPS: Immigrants in he Wisconsin Pineries; Silent Auction; Servers: Wiers and Chris Hamilton

The Tubfrim project can use our cancelled stamps. Trim them to a 1/2 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.



Ten members of the Sons of Norway Fagernes Lodge met at the Rainbow Restaurant in Blair, on May 20, to celebrate Syttende Mai, Norway's Independence Day. From the left, Russell and Betty Glomstad, Byron Britten, Leland Wier, Todd Fetsch (on the far end), Mary Herness, Marlys Britten, Charlotte Dahl, and Mary Herness. LaVonne Wier was the photographer.



Middle and bottom photo are of a busy Fagernes Lodge Frokost and Bake Sale that took place May 14 at the Blair Lutheran Church. Middle photo, treasurer Marlys Britten gathers the sale money while Eileen Trim bags sale items. Bottom photo, Shirley Stanford and Karen Broadhead enjoy the Frokost menu items. With everyone's cooperation and hard work, our Frokost cleared \$636. Proceeds from our Frokost are used to help sponsor kids attending Masse Moro Camp with extra funds going into the lodge's general account.



Our Float is scheduled in these remaining 2022 parades

August 21 - Whitehall Beef and Dairy Days

August 28 - Ettrick Fun Days

September 18 - Blair Cheese Festival

President's Message

Hilsen Fagernes medlems,

The Summer is finally here even though it is cool this year! It's so cool our garden is struggling due to lack of moisture and too cool for proper garden growth! Today we had a bit of rain. I hope that helps.

We launch the Lodge into parades and fun activities this month. We survived the Arcadia Broiler Dairy Days without being rained on or burned out!

The Lodge enjoyed a good Syttendi Mai gathering at Rainbow cafe again. Too bad we couldn't put on our program at Grandview.

Let's hope the weather holds out for the rest of the summer for our activities! I hope our Kubb team members are up to the task to beat Trygvaason Kubb team at Fyrbal time on June 24!!

So we will see you then.

PRESIDENTIN Todd

An Adult Weekend

Somewhat similar the the kids Masse Moro Camp is planned for October 2022 in Spring Grove, MN.

Schedule of Events

Friday, October 7:

3:00—Arrival in Spring Grove, Registration at Giants of the Earth Heritage Center

3:30—Intro to Giants with Community Outreach Coordinator Rachel Storlie

4:00-5:30--Norwegian *Revy* (Variety Show) at the Cinema, featuring Robin Fossum on Hardanger Fiddle, violin, and talented members of District 5, plus short sets by the Luren Singers and Rachel Storlie.

5:30-7:00—Mingling, Cash Bar, and Dinner catered by Rosie's Catering, at Giants Immigrant Hall

7:00--Reader's Theater—History of Spring Grove: the stars are YOU plus members of Ye Olde Opera House

7:30--All aboard hayride, tour downtown and rural Spring Grove

8:30--Movie: Lutefisk Wars, the Birkebeiners, Heroes of Telemark

9:30--Uff-da Fest revels

Saturday, October 8:

8-9 AM—Continental Breakfast at Giants of the Earth Heritage Center

9:00—Johnathan Storlie and Bill and Karen Fried will kick off your morning with their presentations.

9:00 AM Johnathan Storlie presents on DNA in genealogy and public health

9:45 AM—Bill and Karen Fried present on relative Peter J. Rosendahl, Spring Grove author and creator of the historic, Norwegian-American famed comic strip "Ola and Per"

10:30 AM—Stretch your legs on a Spring Grove walking tour, including visits at the Sculpture Park featuring "Ola and Per," the signature Viking, our Spring Grove Lion, and more! Shop along Main Street and take in the Uff Da Fest fun until noon lunch.

11:15—Rebecca Hanna Presentation on Wood-Carving: Acanthus, Ale Bowls, Boxes

Noon—Return to Giants for a traditional Norwegian Smorgasbord: Rachel and Jill Storlie speak about Norwegian Food Customs and demonstrate open-faced sandwiches. Participants will make their own masterpiece for lunch with items provided.

1:00 PM—Jim Skree will speak about the "Red River Girl" book and local Norwegian settlement history.

2:00 PM—Choose Your Own Adventure!

(Continued page 3)

- View the Red River Girl exhibit at the Caledonia Historical Society (donation requested)
- Research ancestors in the Genealogy Room
- Take a hike! At the Norwegian Ridge Birding & Nature Trail
- Record your family oral history in our Professional Recording Studio (extra fees)
- Nordic Stamping Class with Connie Aiello (extra fees)
- David and Lynn Susag demonstration of bowl turning on Viking-Era lathe
- “Julekurver: They’re Not Just for Christmas Anymore!” with Cheryl Miller
- Krumkake King: Shipping Krumkake across the US without breakage with Mark Storsteen
- 5 PM— Historical re-enactment of the first local Sons of Norway Convention by “Lanesboro History Alive!”
- 5:30 PM--Cash Bar and Catered Dinner from **Fat Pat’s** with live entertainment by Rachel Storlie and Luther College Students, and local accordion player Audrey Almo
- 7 PM— Spring Grove Nordic Roots concert by renowned fiddle/guitar duo Beth and John Rotto

Sunday, October 9

9 AM—Fresh muffins, fruit, yogurt, coffee, juice, water served at the Blackhammer Church!

9:30 AM Church and Graveyard History Tours

10 AM--Old-fashioned Norwegian Church Service with guest bi-lingual Pastor Rolf Svano

10:30 AM Departure Lunch offered by the Wilmington WELCA! (this has been brainstormed, and hopeful!)

11AM—Depart for Vesterheim Norwegian-American Museum in Decorah, IA for private behind the scenes tour with Chief Curator Laurann Gilbertson. (admission and tour fees apply)

Other Lodging for group: you can find it at: <https://houstoncountymn.com/stay>.

In Memory of Fern Galstad



FERN MAE GALSTAD

Longtime lodge member Fern Mae (Jenson) Galstad, died January 16, 2022. She was 85. Born May 23, 1936 to parents George and Frances (Belter) Jenson, She was baptized in the Little Norway Lutheran Church and confirmed in the Trempealeau Valley Lutheran Church where she also married Irvin Galstad on April 8, 1961.

She graduated from Taylor High School in 1955. She was active in the TVLC serving on committees, being a Sunday School Teacher, Vacation Bible School Teacher, and singing in church choir.

In the early 1970's, Fern started her years of service to Grand View Care Center, retiring after almost thirty years. With retirement, she joined the Sons of Norway Fagernes Lodge and other groups. She walked her grandson Michael down the aisle at his wedding in 2017.

She shared her techniques for baking Norwegian Sandbakkelse and Krumkake. As part of our Fagernes Lodge, Fern shared her music in the Norwegian Singers and was our Sunshine Chairperson sending cards to the ill and shut-ins.

Fern's funeral services on Saturday, January 22, 2022 at the Trempealeau Valley Lutheran Church were attended by several Fagernes Lodge members in SON Fagernes Lodge outfits.

She will be missed by all our lodge members, but most specifically by her special friends, Mary Herness and Charlotte Dahl.

SON District 5 Madison Convention photos, June 15-19



Top left, Leland and LaVonne Wier were our delegates to the District 5 Convention in Madison, June 15-19, hosted by Idun Lodge. Top middle, our lodge awards. Top right, Laws Committee pictures Richard Gunderson, Susan Boudreau, Susan Berg-Roedel, and Jon Grinde. Bottom left photo: Darlene Arneson presents the Wiers with the District 5 2021 Family Lodge of the Year Plaque. Middle bottom pictures our Fagernes Lodge ad in the convention booklet. Bottom right photo, LaVonne Wier installed as Zone 2 Director.

LaVonne's Report: Leland and I went to the convention on Wednesday to take classes for two days. He had a genealogy class, and I did Hardanger embroidery. The meeting began in earnest on Friday morning. We had reports and updates from several committees. Of interest to all lodge members is the following: The October 7, 8 and 9, 2022 Spring Grove, Minnesota Adult Heritage Weekend activities have been finalized. LOTS of activities. Registrations are due September 15. Many fun presentations and activities are planned. Registration cost is \$35.00 per person. Catered meals are available for Friday evening through Sunday breakfast. If you sign up for all meals, the cost is \$62.00. I will have registration forms at the Fyrbal, and you can read about it at www.sonsofnorway5.com under Events. Lodging is on your own and motels are listed on the website.

A resolution was proposed to make it incorrect to wear Viking helmets with horns, as it does not accurately depict the Vikings. This resolution was defeated. Go ahead and wear the horns if you want to!

Several director positions receive no monetary compensation for performing their duties for the district. The compensation for the president, secretary and treasurer were increased by \$500, and the other director positions will now receive \$250 per year, except the Youth Director, who will receive \$500.

Reports from members of the International office in Minneapolis gave excellent hints for increasing membership and awareness of our lodges in communities.

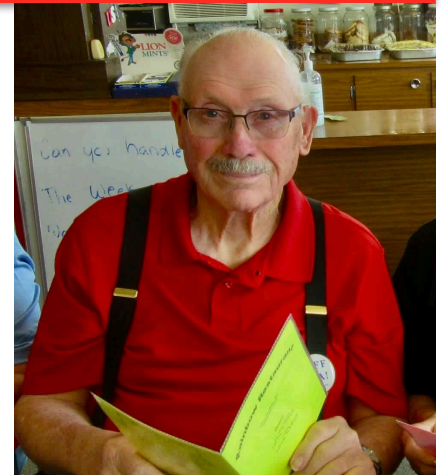
Fagernes Lodge received awards for four years: Silver for 2018 and 2019, bronze for 2020, and gold for 2021. Our banner won first place in the banner contest. We received a plaque for being Family Lodge of the Year for 2021. I was elected Zone 2 Director, replacing Karen Broadhead, and will be responsible for contacting 5 lodges. I also was elected as the Publicity Director for District 5, which includes lodges from Michigan to Tennessee. We met some wonderful people and feel optimistic that District 5 is doing just fine. The District 5 Board has several new members, and everyone is enthusiastic.

Make sure to check out the Friendly Fifth News at www.sonsofnorway5.com every Friday to get the latest news and keep up on upcoming deadlines.

Focus on a Member, Russell Glomstad

Russell Glomstad of Galesville was born to Joe and Myrtle Glomstad just north of Holmen on June 25, 1937. He has two brothers, Albert and Byron and a sister, Mabel. His Great Grandparents came from Norway. He attended Amsterdam Prairie Grade School, and Holmen High School, graduating in 1956. Russell worked for the Holmen Canning Company from 1956-1959; for the Galesville Midland Coop for 23 years; for the Galesville School District for 30 years and was also in the Army Reserves for five years.

Russell and wife Betty met at the Newcomb Valley Bar where Russell played guitar with a group. The group included LeRoy Marsolek (Shorty), Clinton Lloyd Scarseth and Melvin Storsven. They married September 3, 1962. The Wedding Dance was at Club 93, Arcadia, with music by the Joe Marsolek Family.



Russell Glomstad

Russell has shared his music entertaining in nursing homes, 4-H Clubs, and American Legion Post 103 as well as at Westby's Norskedalen. His musical group has also played in many parades including the LaCrosse Oktoberfest. He has several 78 rpm records of Norwegian songs and stories - Johnie Johnson Wedding; Slim Jim and the Vagabond Kid; Clarence and Ernest Everson.

He and Betty decided to join our lodge because they were members of the Wergeland Lodge and decided to switch to our lodge. They didn't know as many people at Wergeland as they know at Fagernes Lodge, and good friend Verle Austad joined our lodge. Russell found it very interesting that David Glomstad and his wife went to Norway and was able to visit the original Glomstad Farm there.

Russell said when he was very young he could talk and understand Norwegian because his mom and dad and relatives did but "If you don't use it, you lose it," he said. He also enjoys sharing his antiques at the Trempealeau County Fair.

Sunshine News: **Lora Lebakken**, our newest lodge member, had surgery June 2 to remove part of her colon due to diverticulitis. She was in surgery over 10 hours but it went well. She went home June 8. **Byron Britten** had surgery on June 7. He had a hole the size of a fist where he had had gall bladder surgery years before. It was called an infected fissure, or tear, at the time, but was thought to have eventually healed. It did not heal correctly, however, so the surgeon sewed it up. He is slowly recovering at home and has had quite a bit of pain, but seems a little better each day.

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

July Bailey Anderson, Mary Jo Fetsch, Todd Fetsch, Shauna Jacobs, Eddie Thompson, Jack Wier

August Marlys Britten, Olin Fimreite, Mary Iverson, Anja Kettinger, Virgieann Stecha, Terry Thompson, LaVonne Wier

September Cindi Anderson, Marleen Berg, Betty Glomstad, Christopher Hamilton, Vivian Rivero

Hurtigruten Hopes for Zero Emission Ship by 2030

The Hurtigruten Norwegian Coastal Express has operated for nearly 130 years, traveling between 34 ports, from Bergen to Kirkenes. It is a popular way for travelers to see remote Norwegian communities and beautiful fjords. Recently, the cruise company announced that by 2030, the route will feature its first zero-emissions passenger ship. As part of the initiative, Hurtigruten has partnered with a Norwegian research institute, SINTEF, to research and



analyze the ship building program.

While Hurtigruten has made many strides towards sustainability in the past, Hurtigruten Group CEO, Daniel Skjeldam, called the project its “most ambitious sustainability initiative to date.” They will first start with the Norwegian Coastal Express as its route consists of frequent anchorages, making it easier to “fuel up.” Then they would like to expand the practices to their expedition ships, which travel to places like Antarctica and Alaska.

Hurtigruten plans to be very open with their findings in hopes that the rest of the industry can benefit, as well.

Sissel Receives Humanitarian Award

In April, Sissel Kyrkjebø received the first-ever Creativity award from the Roots of Humanity Foundation for her humanitarian work and the hopeful messages in her music.

Sissel has been a UNICEF ambassador since 2005. She has received Spellemannsprisen (Norwegian Grammy) in both Årets spellemann



(Artist of the Year) and Juryens hederspris (Lifetime Achievement) categories. She has also been knighted by Norway's king as a Knight of the 1st Class in the Order of St. Olav.

After performing in Eurovision 1986, Sissel became a household name in Norway, known for her bell-like voice. She has recorded with the Mormon Tabernacle Choir, Placido Domingo and performed on film soundtracks such as Lord of the Rings and Titanic.

The Seven Pillars of Humanity are conferred in the subjects of knowledge, creativity, faith, love, unity, freedom and courage. "Sissel exudes all the qualities of human ability," said Tom Holdman, artist and founding board member of the Roots of Humanity Foundation. "We could not have been happier to honor her talent as a singer."

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.

Sons of Norway Fagernes Lodge 5-616
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Simple Strawberries

Summer in Norway is filled with strawberries. In fact, it's said that two out of three Norwegians eat strawberries and cream in the summer. Try out this recipe that highlights a favorite fruit of the season:

Strawberries and Cream (Jordbær med Fløte)

This simple dessert is quick and delicious!

Ingredients:

- Fresh strawberries
- Heavy cream (or choice of milk or whipping cream)
- Granulated sugar – optional

Directions:

Rinse the strawberries, remove the stems and cut them in quarters or halves. Place the slices in a bowl, pour in some heavy cream, and sprinkle with some sugar.

Enjoy!

Recipe source:

northwildkitchen.com

Simple Strawberries



Photo Credit: Nevada Berg, via northwildkitchen.com