



Sons of Norway Fagernes Lodge 5-616 July August September 2024 Newsletter



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

Upcoming Events

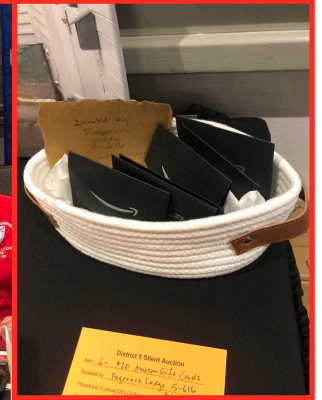
July 27, 1:00, Program by Dave Glomstad; Servers: Rodney Moen and Jan Hartung.

August 18, 1:00, Our Sons of Norway Float in the Whitehall Beef and Dairy Days Parade.

August 25, 1:00, Our Sons of Norway Float in the Ettrick Fun Days Parade.

September 15, 1:00, Our Sons of Norway Float in the Blair Cheese Festival Parade.

September 28, 1:00, Silent Auction for the Foundation and video, at the church. Servers: Todd and Mary Jo Fetsch and Virgieann Stecha.



The Stamps for the Wounded can use our cancelled stamps. Trim them to a 1/4 inch border. Give to LaVonne Wier at one of our meetings.



Indianapolis Convention Photos

More convention photos on page six

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.

Top 2 photos: Leland Wier and Dawn Volkman were our delegates to the 2024 Sons of Norway D5 Convention, titled RACING TO THE FUTURE, in Indianapolis, IN, June 19-22. LaVonne Wier attended as our Zone 2 Director. Top right: A Silent Auction donation by Dawn Volkman of six \$20 Amazon gift certificates yielded \$85 for the Nordic Legacy Foundation. Bottom left, Leland Wier displays the 2022&2023 Gold Recognition Certificates our lodge received for lodge activities' data LaVonne Wier detailed in year-end reports. Bottom middle, Leland and LaVonne Wier. Bottom right, LaVonne's drawing of her race car for the convention's pretend Inde 500.

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

July Bailey Anderson, Mary Jo Fetsch, Todd Fetsch,

Rodney Moen, Eddie Thompson, Jack Wier

August Marlys Britten, Bianca Casey, Mary Iverson, Anja Kettinger, Virgieann Stecha, Terry Thompson, LaVonne Wier

September Cynthia Anderson, Marleen Berg, Sophia Fredrickson, Betty Glomstad, Christopher Hamilton, Janice Hartung, Vivian Rivero

President's Message

Greetings from our Lodge President,

We sure have been blessed with rain. Spring went fast and now Summer. Everything's green and crops, gardens are growing. In two nights it's our Fyrbal in Blair Park with Osseo Lodge at 6 p.m. Fun was had eating at Eats & Beats Bar and Restaurant in Ettrick in May. That same day, we went on to Grandview Care Center in Blair to sing and give a program for the residents.

Having our lodge's float in the Arcadia Broiler Dairy Days Parade was canceled because of all the rain. Now we look forward to participating in three parades, two in August and one in September.

Our next meeting will be July 27 At 1:00 with a program given by Dave Glomstad. We wish enjoyment and safety to Leland Wier and Dawn Volkman, our representatives heading to the 2024 Sons of Norway D5 Convention, titled RACING TO THE FUTURE, in Indianapolis, Indiana, June 19-22. LaVonne Wier will attend as well, as Zone 2 Director. Have a safe, enjoyable Summer.

President Roger Instenes

Arctic Fox

Norway is no doubt known for its beautiful landscape and amazing wildlife. Some of the beautiful creatures that can be found in Norway include polar bears, wolves, reindeer, and arctic foxes. However, the latter animal has been dangerously close to extinction in the last few decades. Fortunately, there has been a state-sponsored program to boost the population of the arctic fox.

For 20 years, Norway has been feeding the arctic foxes which has resulted in the number of foxes raising from 40 to 550. Bjørn Rangbru, a representative from the country's environment agency believes, "Without these conservation measures, the arctic fox would surely have become extinct in Norway." The country has spent an annual cost of 3.1 million NOK (US\$ 289,000) to feed the foxes and does not plan to cease the program anytime soon.

The fox care occurs at the Arctic Fox Captive Breeding Station near Oppdal, Norway. Researchers from the Norwegian Institute for Nature Research care for the pups in enclosures and release them to the wild once they are ready. The staff also puts out frozen meat at feeding points around the station for the arctic fox population in the area; it has been noted that many of the foxes prefer hunting rodents themselves, when they can be found. The low lemming population has been one of the factors affecting the arctic fox's survival.

Though the program is certainly increasing the arctic fox population, there is still a long way to go. The goal is to reach 2,000 arctic foxes running free in Scandinavia. It is estimated that it will take another 25 years to hit this number and to feel that the species has been saved.



Arctic Fox
And
Lemming





Flag Etiquette

Over the course of its history, Norway has had a few different iterations of their national flag. From their long union with Denmark, they adopted Denmark's red flag with white stripes. After separation from Denmark in 1814, an axe-wielding lion was added to the upper left-hand corner. Then in 1821, the Norwegian flag we know and love today took flight. This flag was designed by representative Fredrik Meltzer. The base red and white from Denmark's flag remained the same, but he added a blue cross to preserve the nod to Christianity. He also believed the red, white, and blue colors represented freedom, inspired by the United States and France's flags. After several more decades of power struggles in Norway, this flag gained official status with Norway's independence in 1905.

With the lengthy fight for independence in Norway, it is no wonder that the people of Norway take great pride in their flag and what it stands for. As such, there is certain flag flying etiquette that should be used when flying the national flag. There are 16 official flag days in Norway, some of which include New Year's Day, Easter, the King and Queen's birthdays, and Sámi People's Day. The flag should be raised no earlier than 8 a.m. in March through October and 9 a.m. from November through February. It is to be lowered at sunset, but no later than 9 p.m.

Flags known as vimpel, or long triangular pennants, have become quite common in Norway as the official etiquette rules don't apply to them. They are a more informal version that is cheaper and easier to replace after long wear or damage. Additionally, they can be flown constantly rather than having to raise and lower them with every use.

Whether you want to sport the "proper" flag or the Norwegian pennant flag, show your love for Norway and raise it high!

Fagernes Lodge Activities



Top left: the SON Fagernes Singers perform at Old Main Cultural Center for Norwegian Day, May 5. Middle left: the Singers perform at Blair Grandview Care Center for Syttende Mai. Top right: Leland gives a reading at Grandview on "Two Flags." Bottom right: Cynda Solberg accompanied the singers both times. She is wearing a vest made by her grandmother, Alvera Solberg. Bottom left: Virgieann Stecha, Mary Jo Fetsch and Jan Hartung are hard at work for the lodge's Frokost, Craft and Bake Sale, April 20.

A Message Concerning the Convention from Zone 2 Director LaVonne Wier

"I advise that everyone stay with Sons of Norway and Fagernes Lodge. Don't let the dues increase stop you from being a part of our awesome organization. I had the opportunity to hear the new CEO and three other members of the International staff. They were very honest and shared a lot of information. The decision to raise the dues was done only after several cost cutting measures. Truly almost everything costs more than it used to. It is not unreasonable that the dues had an increase - the first in seven years. The "top dogs" are not taking advantage of us. I feel confident in encouraging you to stay with us."

Smoked Salmon Spread

Ingredients:

1 (8 ounce) package cream cheese, softened
6 ounces smoked salmon, chopped
1/4 cup capers, or to taste
2 Tbsp. chopped green onion (optional)
1 1/2 tsp. chopped fresh dill
1/4 cup heavy whipping cream
3 dashes Worcestershire sauce
3 drops hot sauce (Tabasco or similar)
1 tsp. fresh lemon juice

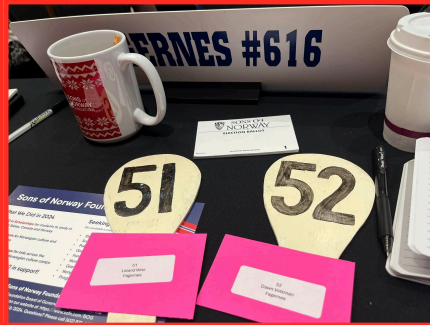
Directions:

Gather all ingredients. Process cream cheese in a food processor to soften completely.

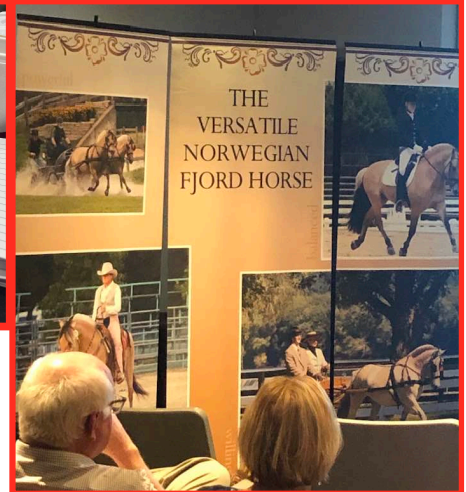
Add smoked salmon, capers, green onion, dill, cream, Worcestershire sauce, hot sauce, and lemon juice. Pulse the mixture again until mixed but slightly chunky. Garnish with chopped dill and serve with your favorite crackers, pita bread wedges or slices of baguette.



Wow! Congratulations To Us! District Five Small Lodge of the Year 2023!



Leland Wier, 51, and Dawn Volkman, 52, used these paddles to vote at the Indianapolis Convention.



Top photos: Our Fagernes Lodge 5-616 received designation as D5 2023 Small Lodge of the Year at the 2024 Sons of Norway D5 Convention, titled RACING TO THE FUTURE, in Indianapolis, Indiana, June 19-22. Pictured are D5 President Cheryl Wille-Schlesser, Dawn Volkman, Leland and LaVonne Wier. Middle left photo: Though Dawn's husband Rick Volkman was not a convention delegate, he accompanied Dawn to the convention and spent his time there. Middle center photo: Leland Wier, 51, and Dawn Volkman, 52, were our voting members at the Indianapolis Convention. Middle right photo: Friday night, June 21, convention attendees viewed a program on Fjord Horses by a couple who raise them in Indiana. The program caused local viewers to become reminiscent of Jim and Vicki Hovre, who raised Fjord Horses at Iduna Acres in French Creek, local Ettrick, WI. Their horses were lovely pulling their beautiful wagon, with Jim and Vicki riding in their Norwegian costumes.

Focus on Fagernes Lodge Member Marlys Britten

Marlys Britten was born August 31, 1945, at the hospital in Whitehall, Wisconsin. Her parents are Milan O. Sveen and Doris M. Maloney. She has two sisters, Ruth and Marilyn. She attended elementary school in Pigeon Falls and Huskelhus country school between Pigeon Falls and Osseo. She attended Whitehall High School and graduated in May of 1963. She worked the summer after high school at the Trempealeau County Abstract office as a typist. After that she worked for the Home Investment Company in Pigeon Falls for about 2 1/2 years. Then she worked for Ed Phillips Company at the merchandise location for about two years before marrying.



Marlys Britten

Her Dad was a farmer. He also worked at the Pigeon Falls Creamery and later at the feed mill after the creamery closed. Her Mom was a homemaker. Later she worked in the kitchen at the Pigeon Falls Elementary. After that, she worked in the Whitehall Hospital kitchen for many years. She also baked and decorated cakes for people. Marlys married Byron A. Britten in Pigeon Falls on November 4, 1967. Byron worked as a cattle hauler to start. Then worked at Roberts Wholesale for 18 years until they closed. After that, he hauled cattle again until he was hired at Gateway Foods in LaCrosse. There, he worked for 16 years and at Anderson Trucking for five years before retiring.

Since marrying, Marlys worked part time in Galesville School kitchens. She embroiders and enjoys crossword puzzles. She likes to sing and has taken part in the church choirs at Strum and French Creek. She also sang with the Blair Norwegian Singers which was great fun, she said.

She has held offices for the Emmanuel Lutheran W-ELCA and for French Creek W-ELCA. She also takes part in the quilting group. At SON, she's served as secretary and presently as treasurer.

Marlys and Bryon have four children. Charles works in LaCrosse and owns half the Michael's truck and trailer. Brian graduated from Winona State: worked at the People's Food Co-op before returning to school and now works at Fastenal as computer tech. Sara graduated from Eau Claire University in Music Therapy and married right after. Dan is married and is a welding trainer at Trane. He works through WWTC.

"Retirement has been an interesting time but with challenges I didn't realize or anticipate," Marlys said, "Byron and I have time to spend with each other that we didn't have when he was trucking. That is great, too."

"I am a member of SON because of my Norwegian heritage. It is challenging because I have learned many interesting things about our heritage and the struggles our ancestors went through getting here. It is rewarding to be with others who have some of the same interests," she added.



Sons of Norway Fagermes Lodge 5-616
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Looking Forward to Fall Parades

Whitehall Beef and Dairy Days - August 18, 2024

Etrick Fun Days - August 25, 2024

Blair Cheese Festival - September 15, 2024