



Sons of Norway Fagernes Lodge 5-616

Newsletter

January, February, March 2023



Upcoming Events/ Meetings



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

**We meet the fourth Saturday
each month at 1:00 unless
otherwise noted.**

January 28, noon, Potluck.

Program: Installation of Officers;
Todd Fetsch presents on Stein
Aerickson, a famous skier.

February 4, 1:00, Barnelopet at
Arcadia Veterans Memorial Park.

February 17, 4:30: Wii Bowling at
Bob and Marie Thill's. **Potluck.**

February 25, 1:00, Program: Video
on Norwegian settlers in Illinois by
Leland Wier. **Servers:** Terry
Thompson + Roger/Fran Instenes.

March 25, 1:00, Program:

Hardanger Fiddle Radio Program
video, **Servers:** Todd and Mary Jo
Fetsch and Virgieanne Stecha.

Tubfrim, the longtime charity program to help
improve the health of children in Norway is
drawing to a close. It was founded to assist
children with tuberculosis, at the time, one of
the most frequent death causes in Norway.
When that waned, the focus turned to the
health and well-being of children/ young
people
Since 1928, the program has collected \$2.5
million for the organization. When postal habits
changed, the program was challenged. Last
year Tubfrim received only 20% of stamps they
received in the year 2000. Tubfrim will accept
stamps through December 31, 2022.



Left, This is the type of
ski jump Lamoine
Jacobs spoke of in his
Fagernes Lodge
October meeting
presentation on his
experiences in ski
jumping. His two-part
You Tube presentation
can be viewed at

<https://www.youtube.com/watch?v=iUzVaDJrWJs>, and at: <https://www.youtube.com/watch?v=6baXIGIdel0>



Left, for our Juletre fest
celebration on Dec. 4, Fran
Instenes brought a display of
some of her collection of
various Santa Claus figures.
Besides the display, our
lodge had invited any
children who wanted to
attend along with their
parents. We had a potluck
meal with more than enough
food for everyone, then had
a visit from the Julenisse who

danced around the Juletre with the children and then handed them a multitude of
gifts. LaVonne Wier and Danny Toth provided Christmas music. Members enjoyed
watching the children smile when they opened the many gifts they received. Gifts
were marked boy, girl or either with a suggested age range. More photos of the
celebration are on pages 4 and 6.

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

January

Donald Ronning, Danniell Toth

February

Charlotte Dahl, Sierra Instenes,
Isla Kettinger, Lora Lebakken,
Jacob Thompson

March

Izabella Britten, Zacharie
Dobson, Gage Instenes, Vanya
Rivero, Charlene Saxe, Shirley
Stanford, Dawn Volkman

President's Message

Words of wisdom from our Presidentin:

Hello fellow Fagernes Lodge members,

This is my **last Lodge Presidente message**. So I will try to make it a good one and short. We've had very good years together. We have brought about some new ideas and programs. Our **Barneløpet, Frokost, Juletre Fest and Kubb tournaments** were among some fun gatherings. Let us keep up the good work for making our Fagernes Lodge active and vibrant.

Thank you lodge members for making these activities work. Without your help and participation these activities would not happen and be the success they were! Again, thank you and let us keep up the good work. We look forward under Roger Instenes's leadership to continue those activities and perhaps expand on them. We do have some exciting activities for our next year's programs which the program committee will share with you soon.

As I look out the window on this **Winter Wonderland** it reminds me of warm family and friends and gatherings of the Christmas Season. Unfortunately I cannot be out there shoveling snow, blowing snow, skiing, skating and enjoying the wintry crispy weather as usual. I also miss our church activities. Singing in the choir and playing **Silent Night** on my guitar as the congregation sings that very special Christmas Song. Silent Night. You do know that the song was written on Christmas Eve many years ago by authors Mohr and Gruber when the church organ died. They had to come up with some Christmas Eve music and these choir people wrote this song. **It has come down through the ages as probably the best Christmas carol/song. It was written for Guitar accompaniment.** It is a quiet and sacred piece of music. **Greensleeves, "What Child Is This"** is another great piece of Christmas music for the guitar.

So in closing...There is a Christmas song I wish to share with you. It's called **"Christmas Time's A Coming" (Tex Logan)**

Refrain:

Christmas Time's a Coming, Christmas Time's A Coming,
Christmas Time's A Coming and I know I'm Going Home
Snowflakes are fallin',
Old folks a callin'
Tall pines a hummin'
Christmas Time's a comin'

Chorus

***Can't you hear them bells a ringing, ringing joy, joy hear them singing,
When its snowin' I'll be goin' back to my country home.***

Holly's in the window
Homes where the wind blows
Can't walk for running ,
Christmas Time's a comin'

Chorus

White candles burning
My old hearts yearning,
For the folks at home when
Christmas Time's a comin'

Chorus

Refrain

A neat song and poem. I'll have to sing it for ya!! Meanwhile enjoy the words..a good ol' country tune!

My right knee has been the problem limiting those activities. My right knee **will have its final, I hope, replacement surgery on Tuesday Dec 20th.**

It all started back on October 4th. So far the Dr. says it's a GO!

Well that is it for now. Again, thank you for your support as President and let's help Roger make our Fagernes Lodge even Bigger and Better next year!

From our Members... Shawnee Skogen 5-689, in the Carbondale, IL, area Fabulous Facts: Christmas in Norway

1. Each year, Trafalgar Square in London features a massive Christmas tree. That tree is actually a present from Norway. Oslo has been sending a tree to England every year since 1947 as a thank-you for British support during World War II.
2. The julenisse is Norway's elusive Christmas gnome, who sports a white beard and a red cap. Historically the julenisse has been known to help lighten the farmer's chores and keep the farm safe. Nowadays, the nisse brings gifts to well-behaved Norwegian children. Don't forget to keep him happy by leaving out a generous bowl of porridge!
3. "Tre nøtter til Askepott," a Cinderella tale, has been a Christmas TV tradition since the 1990s. Strangely enough, this is a Czech version of the classic story, dubbed into Norwegian by a single actor. Watching it is so popular that it airs annually on NRK, Norway's national broadcasting channel. To see the trailer from the 2021 Norwegian remake of "Tre nøtter til Askepott," go to: https://www.youtube.com/watch?v=a-YVi_UsGqo
4. Find the almond! This is a game where the family eats rice porridge on Christmas Eve. There is one almond hidden in the porridge, and whoever gets it is the proud recipient of... a pig made of delicious marzipan!
5. Everyone eats well during Juletiden, Christmastime, and even the birds. It's common to see sheaves of wheat or oats placed in the trees for the birds to feast on.

Your Editor's Writing

Christmas Debut

by Terry Thompson (copyrighted)

How fragile a baby,
How lowly a birth,
How humbly God enters,
Our lives here on earth.
How yielding was Mary,
How patient the man,
How tired the donkey,
Of this wee caravan.
How cozy the stable,
How the angels rejoiced,
How shaken the shepherds,
At the sound of the voice.

How bright the North Star,
How jealous the king,
How stricken the wisemen,
Great gifts they did bring.
How honored the animals,
How hopeful all men,
How fulfilled dear old Simeon,
That his life could now end.
How fragile a baby,
How lowly a birth,
How humbly God enters,
Our lives here on earth.

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.

Sunshine News: Lora Lebakken says, "I am going to be Grandma again, in June. And, after the first of the year, I shall be getting a microprocessor knee and a new sleeve so I should be able to start walking with a cane. LaVonne Wier says, "Be careful how you get out of a chair. Don't fall over sideways and break a hip like I did!" (Oct. 2). Todd Fetsch says, "My right knee has been the problem limiting my activities. That knee will have its final, I hope, replacement surgery on Tuesday Dec 20th. It all started back on October 4th. So far, the Dr. says it's a GO!" Update from Todd on Dec. 20, "I have a new knee!!! All is well. Spread the word. Now to recover and rehab.."

Fagernes Lodge photos, October-December, 2022



Top two photos: left, Glenn Borreson spoke in September, on: Norwegians in Logging camps: Immigrants in the Wisconsin Pineries. Right, Lodge members enjoy Borreson's slide show.



Middle photo, left, LaVonne Wier presents President Todd Fetsch with our 2021 District Five Family Lodge of the Year Award that she received at the District 5 June convention in Middleton. Second photo on the right and the rest of the photos on the page are, first, LaVonne and Danny Toth playing Christmas music at Juletefest. Left, Julenisse + children dance around the Juletre and, right, guest children and parents open the numerous presents donated by lodge members.



Fun Facts About Norway:

1) Norway is one of the world's happiest countries 2) The sun doesn't set in Norway in summer

More photos page 6

Focus on a Member, Rodney Moen

Rodney Moen was born in Whitehall to Otto Edison and Tena (Gunderson) Moen, the sixth of eight children. In the 1880s, all of his grandparents emigrated from Norway to become United States immigrants and settled in Trempealeau County. He is the last surviving member of his siblings' and parents' family.

During his high school years, Rodney worked summers as a farm hired man. This first job was with a Norwegian family near Northfield. He was paid \$70 a month and had every other Sunday off.

Rodney graduated Whitehall Memorial High School in 1955. He joined the Navy soon after that at the age of 17. In the Navy, he was paid \$78 a month. He served the Navy for 22 years with 11 years each of enlisted service and of commissioned service. In all, he served in 13 different pay grades, from Recruit to Chief Petty Officer, Chief Warrant Officer and two regular Commissioned Service grades.

While in the Navy, Rodney attended a number of military schools as well as the Rochester Institute of Technology, Syracuse University and the University of Southern California where he received his Bachelor of Arts Degree.

He married Jean Wolfe in 1959. They had five children. She passed away in 2016.

After retiring from the Navy, Rodney became manager of the Western Wisconsin Communications Cooperative that brought Cable television to Trempealeau County. In 1982, he was elected to the Wisconsin State Senate where he served for 20 years. After that, he was Mayor of Whitehall for 10 years.

He has led an interesting life. While in the Navy and after that, he traveled to 43 countries. In India, he met with Mother Teresa. He has been to all 50 American states and all 72 Wisconsin counties.

Rodney commented on being a SON Fagernes Lodge member, "I have enjoyed the fraternity of this great organization. As a second generation Norwegian American, I take great pride to interact with life folks of the Fagernes Lodge."



Rodney Moen

What's for McLunch in Norway?

Have you ever waited in the drive-thru line at McDonalds and wondered: what might I be ordering if I were at McDonald's in Norway? It turns out, Norwegians have some of the same familiar favorites as North Americans, such as Big Macs, Chicken McNuggets and french fries. However, they also have some items that we don't, like the Big Mac Chicken, the Fish McFeast, and the Cheese Tops Burger. Since we are talking about food in Norway, it's not too surprising to see that they have made an effort to make even McDonald's healthier. There are several vegetarian items available. In the Happy Meals, you have the same choices as in North America...and some that feel uniquely Norwegian, like 2 different fish sandwiches and a veggie burger. Speaking of drive-thru lanes, Norway does have them, but they account for about 40% of total sales versus 65% of US McDonalds' business.



Credit: McDonald's, Fish McFeast

More Fagernes Lodge Juletrefest Photos



Photos one, two and three on the left, guests at our Sons of Norway Fagernes Lodge Juletrefest on Dec. 4th, enjoy some of the gifts they received. Likewise for the girl in the middle photo at the bottom. On the right, guests gather around the tree with a multitude of presents anticipating what's to come. Second one down on the right, a mom helps her daughter open a gift while the daughter holds an already opened gift. Bottom right, Fagernes Lodge members gather at round tables to visit and take in the Juletrefest celebration.



A Little in English. . .

Unrequited Love

You may have experienced being in love, but that the other person did not feel the same as you. It is important to remember that there is nothing wrong with you.

Developing a desire for a new relationship or friendship with someone is often full of hope, expectation and feelings of liking the other person. You feel that this other person is someone you want to get to know better, and you feel like you want to spend more time with them.

If you then find out that the person in question does not feel the same, regardless of whether it is romantic or friendly feelings, it is often a crushing feeling.

Many reasons

There can be many different reasons why someone does not reciprocate feelings. If it's a romantic relationship, they may like someone else, already have a boyfriend/ girlfriend, have a different orientation, or simply aren't interested in a relationship.

It will work out in the end

But how do you actually get over such an unhappy crush? And what do you do when the person you want to befriend isn't interested in getting to know you better?

- Try to accept that he/she didn't feel the same way.
- Talk about it with someone. Is there someone you trust that you can talk to? Or do you have a safe friend who can understand and give you comfort?
- Experience new things. You might want to think about something completely different. Try to get your mind on something else.
- Look ahead. In the end, it won't feel as disappointing and awkward anymore, and then you might even find a new person to fall in love with, or a new person you want to be friends with.

Most things work out in the end, it's just about getting back up and trying again when things don't go the way you want them to.

A Little in Norwegian . . .

Ulykkelig forelskelse

Du har kanskje opplevd at du har vært forelsket, men at denne personen ikke følte det samme som deg. Da er det viktig å huske på at det ikke er deg det er noe galt med.

Det å utvikle et ønske om et nytt forhold eller et vennskap med noen er ofte fullt av håp, forventninger og følelser av at du liker den andre personen. Du føler at denne andre personen er noen du har lyst til å bli bedre kjent med, og du føler at du har lyst til å tilbringe mer tid sammen med dem. Hvis du da finner ut at vedkommende ikke føler det samme, uansett om det er romantiske eller vennskapelige følelser, så er det ofte en veldig knusende følelse.

Mange grunner

Det kan være mange forskjellige grunner til at noen ikke gjengjelder følelser. Om det er et romantisk forhold kan det hende de liker noen andre, allerede har en kjæreste, har en annen legning, eller rett og slett bare ikke er interessert i et forhold.

Det ordner seg til slutt

Men hvordan skal du egentlig komme over en slik ulykkelig forelskelse? Og hva gjør du når den du vil bli venn med, ikke er interessert i å bli bedre kjent?

- Prøv å akseptere at han/hun ikke følte det samme
 - Snakk om det med noen. Er det noen du stoler på som du kan snakke med? Eller har du en trygg venn som kan forstå og gi deg trøst?
 - Opplev nye ting. Det kan være lurt å tenke på noe helt annet. Prøv å få tankene over på noe annet.
 - Se fremover. Til slutt føles det ikke like skuffende og kjipt lenger, og da kan det til og med hende du finner deg en ny person å være forelsket i, eller en ny person du har lyst til å bli venn med.

Det meste ordner seg til slutt, det handler bare om å reise seg opp igjen og prøve på nytt når ting ikke går som du vil at det skal.



Fødselsdagskringle – Birthday Tea Ring



Fødselsdagskringle – Birthday Tea Ring (see photo opposite fold)

The perfect substitute for those who do not want a cake on their birthday. Also pleasing anytime a good delicacy is called for. You need to have a little room to prepare as the dough needs to be rolled out to a length of 34 inches. It will take 4 to 5 hours to raise twice.

Ingredients:

For the Dough

- 1 pkg. active dry yeast
- 1 Tbsp. water, lukewarm
- 2 eggs, slightly beaten
- 2 1/8 cups flour
- 1/3 cup sugar
- 1/4 tsp. salt
- 1 tsp. ground cardamom (preferably fresh)
- 7 oz. unsalted room temperature butter.

For the Filling

- 5 Tbsp. butter
- 1/3 cup sugar
- 1/2 cup raisins
- 1/2 cup citron, finely chopped
- 1/2 cup almonds, chopped

Directions:

Step 1

Combine yeast and warm water in a small bowl. Let rest until the yeast dissolves and begins to foam (about 10 min). Gently beat in the eggs.

Step 2

Sift together the flour, sugar, salt and cardamom. Once well combined cut in the butter until the mixture resembles coarse meal. Mix in the eggs and work until you have a smooth elastic dough. Cover and let rise in a warm place until doubled.

Step 3

Before working with your dough prepare your filling. Whip together the butter and sugar until light and creamy. Cover and set aside in a cool space.

Step 4

Punch the dough down and turn it out onto a floured board. Knead dough, adding flour as needed to prevent sticking, until dough is soft and elastic. Roll out into a 6 x 34-inch ribbon.

Step 5

Spread the filling over the dough. Sprinkle with raisins, citron and almonds. Fold the long sides toward the center with the edges overlapping slightly.

Step 6

Form the dough into a kringle (or ring) shape on a large cookie sheet covered with parchment paper. Cover and let rise until doubled.

Step 7

Brush the surface with egg and sprinkle with sugar and sliced almonds.

Step 8

Bake in a 375°F oven for 25 – 30 minutes, or until golden brown.

Sons of Norway Fagernes Lodge 5-616
Terry Thompson, Editor
W19077 Mason Road
Etrick, WI 54627
twinspringfarm@gmail.com