



Sons of Norway Fagernes Lodge 5-616 January February March 2026 Newsletter



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.

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Upcoming Events

January 24, 12:00 noon, Winter Sports by Todd Fetsch. Potluck.

February 28, 1:00, Arctic Explorer Fridtjof Nansen by Todd Fetsch. Servers: Terry Thompson, Dawn Volkman, Roger and Fran Instenes.

March 28, 1:00, Snorri Sturrelson by Dawn Volkman. Servers: Britten's and Charlene Saxe

Stamps for the Wounded can use our cancelled stamps. Please trim them yourself to a 1/4 inch border all around. Give to Fran Instenes at one of our meetings.



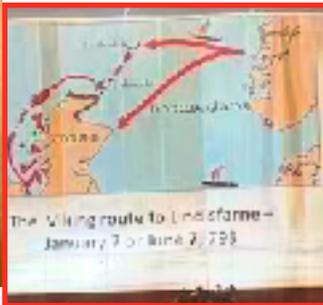
We sang Christmas Carols at our Dec. Juletrefest meeting. LaVonne Wier accompanied us on piano, shown in the background. Back row, Danny Toth, Leland Wier, Dawn Volkman, Charlene Saxe, Roger Instenes, Kathy Moen.

Front row: Betty Glomstad, Virgieann Stecha, Todd Fetsch, Mary Jo Fetsch.

Glenn Borreson gave an interesting program on Lindisfarne at our November meeting.



Mary Nelson Fossum was the program presenter at our October 2025 meeting. She told about the stave churches in Norway.



HAPPY BIRTHDAY!

Due to privacy concerns, only the month is listed

January Danniell Toth

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

March Gage Instenes

From our President Leland Wier

Godt Nytt År!

December felt more like an old fashioned winter than the last years. We'll see what this new year brings. Right now on January 6th, it is raining! Uffda!

We have programs lined up for 2026. The float boat was full at all parades in 2026. Great job! Let's do that again this year.

Try to attend our programs and events to learn more about our heritage. Invite a friend to come along.

The District 5 convention will be in August right down the road in Stoughton. Think about being a delegate, or just go along and witness the workings of our District.

Fra presidenten din, Leland Wier



Leland Wier



Our Juletefest on December 13, 2025 didn't bring us any children to partake the many gifts we had for them. We did get some adult visitors who joined us for the meal and chatted with lodge members. The gifts were sent with Rod Moen to Whitehall. He found a church that was delighted to receive the gifts for children.



COMING UP AT FAGERNES 5-616

JANUARY - We will install the new officers for 2026. The meal will be POTLUCK, so bring something yummy to eat. We will further discuss the revision of our bylaws; anyone wanting to order a new red vest need to be ready to put in the order; Todd Fetsch will talk about winter sports.

FEBRUARY - We will not have a Barnelopet this year. At the February meeting, Todd Fetsch will tell us about the arctic explorer, Fridtjof Nansen.

Fridtjof Nansen (born October 10, 1861, Store-Frøen, near Kristiania [now Oslo], Norway—died May 13, 1930, Lysaker, near Oslo) was a Norwegian explorer, oceanographer, statesman, and humanitarian who led a number of expeditions to the Arctic (1888, 1893, 1895–96) and oceanographic expeditions in the North Atlantic (1900, 1910–14). For his relief work after World War I he was awarded the Nobel Prize for Peace (1922).

Also in February is the **Barnebirke** in Hayward. LaVonne Wier will attend to represent Masse Moro. She will take cookies from the lodges up for the ski event and the Expo. **WE WILL NEED COOKIE DONATIONS BY FEBRUARY 16TH.**

MARCH - Dawn Volkman will tell us about **Snorri Sturrelson**.

Snorri Sturluson (1179–1241), a chieftain in Reykholt, a storyteller and politician, was one of the most well-known Icelanders of all time.

The author and poet Snorri preserved the Nordic cultural heritage in his work, but it is no less tempting to regard Snorri as a cosmopolitan, a man who nurtured a multinational Catholic culture – and was a direct and indirect participant in European culture and politics.

The politician Snorri made a strong impression on his society in the thirteenth century. He is credited with many of the most magnificent literary works of the Middle Ages in Iceland: Snorri's – Edda, Heimskringla – the story of the kings of Norway and Egil's saga. Snorri also had a dramatic life, and both he and his work have become an inexhaustible source for artists of modern times. Snorri Sturluson's story is discussed in a special exhibition organized by Snorrastofa in Reykholt.

APRIL - We will have the Frokost on April 18, 2026, and a meeting on April 25, 2026. Plan to get your ovens and grills baking so we have plenty of goodies for people to buy at the bake sale.

DON'T MISS THESE INTERESTING PROGRAMS, AND BRING A FRIEND!

Kielyn Rowekamp in Norway!

Kielyn is living in Reinsvoll, Norway, about an hour and a half north of Oslo. She attends school in Gjøvik, which feels more like a small college than a high school, with varying start and end times and 2–4 classes per day, each about 90 minutes long. She uses public transportation to get to school and is taking Norwegian, gym, history, English, math, chemistry, and psychology.

She has visited Oslo a few times, including attending a Christmas market at the Folk Museum with her exchange program. While there, she explored historic farmhouses, rosemaling, and a restored stave church. She also enjoyed Christmas shopping, which reminded her of local craft fairs, and learned about Norway's tradition of dancing around the Christmas tree after it is lit.

She is enjoying her time in Norway. You can follow her on Facebook.

Kielyn's Norway Adventure

<https://www.facebook.com/groups/1288406792933543/?ref=share&mibextid=NSMWBT>



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When are we meeting? The annual program booklet will be available soon. For your planning, here are the dates of our meetings and events in 2026: **CORRECTED DATES**

IN RED

January 24, 2026, NOON, potluck

February 28, 2026 - 1:00

March 28, 2026 at 1:00

April 18, 2026 - 9:00 - 12:00 -Frokost and Bake Sale

April 25, 2026 - 1:00

May 15, 2026 - Syttende Mai meal and Grand View

May 24, 2026 - Broiler Days Parade in Arcadia

June 20, 2026 - Fyrbal with Osseo in Blair Park

July 25, 2026 - Picnic in the Park

August 16, 2026 - Whitehall Parade

August 23, 2026 - Ettrick Days Parade

September 20, 2026 - Blair Cheese Fest Parade

September 26, 2026 - 1:00

October 24, 2026 - 1:00 November 28, 2026 - 1:00

December 19, 2026 - Juletrefest at noon

LaVonne Wier, Fagernes Secretary & District 5 Representative

It's a new year, and new opportunities ahead! Did you make any resolutions? I didn't write them down, and maybe they would be easier to keep if I posted them on the refrigerator!

We lost several lodge members who died in 2025...and some because they didn't renew their membership. To remain a lodge, we need to be aware of and take the opportunities to bring in new people. Ask the person to come to a meeting or activity. Pick them up so they don't have to walk in alone, Without us seizing the chance to bring a person in, we might be looking at a smaller lodge....or even disbanding at some point. It has happened to several lodges.

I made a new business card for the lodge recently. It is much handier than carrying around paper applications. Telling people to "just go online" at www.sofn.com is not helpful to individuals who are not computer savvy. The new lodge business card does have a QR code. Scanning the QR code brings the person right to the SON website. Personal contact and invitations still are a better method. Handing them the card lets the people go to the website and read about Sons of Norway. Take as many cards as you like. I can always make more.

I'll be at a District Board meeting in March. Soon it will be time for us to choose delegates to the 2026 District 5 Convention. This time it is in Stoughton, WI in August. Classes will happen around town, and the main meeting is in a very nice area in the high school. I'm looking forward to it. The cost to the lodge per delegate will be less than other years, as we are not paying a hotel to host the event. Delegates will have a choice of hotels. Think about being a delegate from your lodge. We get 2, and I am NOT one of them, as I am part of the board. You don't have to have insurance to be a delegate, but you do have to have a product to be on the District Board.

Lefse Myths Debunked If you live in North America and hear talk of homemade lefse, you might assume that the most important question about the recipe is: real potatoes or potato flakes? For many American and Canadian descendants of Norway, it is simply referred to as lefse, with the potato being an assumed ingredient. On social media groups with both Norwegian and North American users, this assumption results in all kinds of confusion. The Norwegians say "That's not lefse, you are talking about lompe" and the Americans and Canadians say "What do you mean by 'other kinds of lefse'?"

The truth is, Norwegians do make thin lefse with potatoes just like most North Americans—and not just lompe, a thicker, smaller soft potato flatbread chiefly enjoyed with pølse (sausage). But only some Norwegians make lefse with potatoes. Potetlefse (potato lefse) is typically made in Østlandet, (Eastern Norway) and Trøndelag, but not all regions have this tradition.

Regional variety

There are countless kinds of lefse in Norway, and most of them contain no potatoes at all. According to snl.no, lefse is a catch-all term for round, flat, soft bread with a wide range of varieties. The one aspect all of the recipes share is that they are made with flour and fat and spread or filled with ingredients before being rolled or folded up. Classic lefse fillings are butter, cinnamon and sugar, or brown cheese. Some lefser (plural of lefse) are meant to be enjoyed with savory meats, salmon and other typical sandwich toppings. Many kinds of lefse are soft and flexible, but some—like Hardanger lefse—are cooked and allowed to dry for easy storage, and then rehydrated before eating. While lefse can be found all over Norway, Trøndelag, Nordland, and Western Norway have an abundance of recipes.

From Around the Lodge

Todd Fetsch was pleasantly surprised when he was crowned at church on Christmas Eve. He said, “maybe one of the kings in “We Three Kings of Orient Are” Ha-ha!



Todd made a yummy Julekaka for New Years.



Roger and Fran Instenes celebrated 50 years of marriage in November. Along with that milestone, they also moved to a home in Galesville. Congratulations on both achievements!

Coming up in 2026: Dawn Volkman will be travelling to Uruguay in January for her work. Safe travels, Dawn! Tell us all about it when you return.

Jescey Thompson will be spending some time in Rome, Italy during the summer of 2026. He'll be working, but WOW, won't he have fun seeing the sights!

Viking Age Museum Progress



2027 is marked to be the year for the opening of a new Viking Museum in Oslo. The Museum will be called the [Museum of the Viking Age](#) and will be an extension of the current Viking Ship Museum. It will be three times the size of the current museum and will showcase Viking ships and artifacts in an inspiring and modern way, to keep the heritage alive for years to come.

One of the main reasons for the new museum is to safeguard the incredible ships and other discoveries in a climate-regulated building , specifically designed to present the treasures within. The new museum will also include added features for the public, such as a museum shop, restaurant, lecture hall, and research center.

A major challenge to overcome in the construction of the new museum was how to move the ships to their new exhibition areas. Years of planning and careful considerations went into the planning of their big move. Perhaps most exciting to the professionals tasked with the move was the relocation of the Gokstad Ship. The Gokstad Ship is the world's largest preserved Viking Ship, and it weighs about one ton more than the Oseberg Ship, which was also housed in the Viking Ship Museum.

On October 29th, 2025, the Gokstad was successfully relocated to its new home. Incredibly, the ship was moved in one piece, whereas for a prior move – one hundred years ago – it was divided into two. It proved to be extra challenging as it rested on fewer supports than the Oseberg ship and had a fragile stem that required an additional cover. The ship was secured by custom steel rigs that helped to reduce vibrations during construction and during the move. It took about [10 hours](#) to slowly, slowly move the ship from the old museum building to the new one, about 94 meters in total. It was transported with a crane track in the ceiling and eventually lowered down onto its new base.

Museum Director Aud V. Tønnessen was very happy with the entire process saying, “Even though the [relocation](#) of the Gokstad Ship was more complex, everything has gone according to plan, and we are very pleased with yet another successful relocation.”

Though the museum doesn't open for another year, the wait will be well worth it.



Sons of Norway Fagernes Lodge 5-616
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RISALAMANDE **Ingredients**

Rice pudding 1 cup short-grained white rice (pudding rice); 1/2 cup water; 4 1/4 cups milk; 2 vanilla beans (the seeds)

Risalamande 5 1/2 oz. almonds; 2 Tbsp. sugar; 2 cups heavy cream; 1 can cherry sauce (for topping)

Instructions Rice pudding: In a saucepan; add rice and water. Heat up and let it boil for about 2 minutes. Add the milk to the pudding and heat up until boiling under constantly stirring. Add the seeds from the vanilla beans. This is done by slicing the vanilla beans and scrape out the seeds using a knife. Mix the vanilla with 2 tablespoons of sugar. Also, add the empty vanilla beans to the pudding (they still have a lot of flavor). Let the pudding simmer under a lid at low heat. The rice has a tendency to burn to the saucepan so remember to stir regularly. Let it simmer for about 35 minutes. Remove the empty vanilla beans. The rice pudding is now done. Let it cool in the fridge before you proceed to make the Risalamande. You can easily make this rice pudding a day in advance. **Risalamande** Heat some water until boiling and pour it in a small bowl. Add the almonds and let them soak in the hot water for about 5-7 minutes. One by one, take the almonds up and press them between two fingers so that the peel separates from the almond. Add more hot water if needed. It should be easy to skin the almonds. Coarsely chop the almonds and mix them with the cold rice pudding. If you used the original recipe for rice pudding (and not the one in this recipe) and boiled the rice pudding without the vanilla beans, then add the seeds of the beans to the pudding now. Add it to the cold rice pudding and mix well. In a separate bowl, whisk the heavy cream into whipped cream and gently mix it with the rice pudding. The Risalamande is now done. Put it in the fridge until serving. **Notes** Serve the Risalamande with warm cherry sauce. If you want to play the traditional Danish almond-game (mandelgave), leave a whole almond without the peel in the Risalamande – who ever gets the whole almond, wins a small prize.