



Sons of Norway Fagernes Lodge 5-616

October November December 2024

Newsletter



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

Upcoming Events

September 28, 1:00, Program DVD "The Lefse Wars" & Silent Auction. Servers: Charlene Saxe and Roger and Fran Instenes.

October 26, 1:00, Program on Hardanger Fiddles Servers: Todd and Mary Jo Fetsch & Virgieann Stecha.

November 23, 1:00, Program: Christmas crafts. Servers: Charlene Saxe and Kathryn Mann.

December 14, 12:00 noon, Program: Carol sing and Juletreffest. Lunch is Potluck.



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.

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



Kielyn and Weston Rowekamp at Masse Moro Camp this summer. See page four.

Our Float in summer parades

Top left: Members prep our float for the Whitehall Beef and Dairy Days parade August 18. **Top right:** Members prep our float for the Ettrick Fun Days parade August 25. **Bottom left:** Ettrick float riders prepare to disembark. **Middle and bottom right:** Members prepare our float for and afterwards pause before disembarking our float in the Blair Cheesefest parade. May's Arcadia parade was rained out.

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

October, Myah Casey, Tysen Casey **November**, Byron Britten, De Andre Casey, Roger Instenes, Nora Iverson **December**, Verle Austad, Rylie Dobson, Isla Fetsch, Mary Herness, Lamoine Jacobs, Kathryn Mann, Kielyn Rowekamp, Cleo Scharlau

President's Message

Greetings from our Lodge President,

Summer is going by fast. In August, we participated in two good parades with our float, Whitehall Beef and Dairy Days and Ettrick Fun Days. The weather was good except for some heat but we survived together.

Also this summer, we sponsored children from our lodge, the Rowekamps, to Masse Moro Camp. We are waiting to hear them report on their experience there.

We decided to skip having a booth at the Blair Cheesefest this year. We're wishing for a nice day for the Blair Cheesefest parade. A full float is always a good thing to represent our lodge.

Now we are getting into Fall with cooler evenings and shorter days. The crisp leaves will soon be falling.

Good days and new meetings are something to look forward to.

Respectfully submitted,

President Roger Instenes

From our Secretary LaVonne Wier

Publications for all kinds of cultural program topics can be found either at www.sofn.com, or you can go to the recent Friendly Fifth Friday News (FFFN) of September 13, 2024 to see, read and print the guides you want! The paperwork must be done in order to get a cultural award.

If you, especially **officers**, are NOT reading the FFFN each Friday, you are missing out on current information and things you should know. It is **your responsibility** as an officer in the lodge to stay informed.

I recently became part of a task force to assess and work on topics concerning Masse Moro. We haven't met yet, but I anticipate it will be soon. One thing I know: We will be looking for/asking for names and addresses of Masse Moro alumni campers. If you have information on anyone who has attended the camp, please give it to me. Thank you.

I'll be at a board meeting for District 5 in Illinois in November. If you have anything you want discussed, please let me know.

A reminder: If you want to ask someone to join Sons of Norway, it is probably best to invite them to a meeting and give them the **reasons** it would be a good idea to join us. If people don't know what we are about, they won't be interested. I've heard, through the years, that some don't want to join because they don't want to be an officer. Let your friends know that we won't JUMP on them right away to take on responsibilities!

Grant and scholarship season is coming up starting October 1st. **Now** is the time to start working on an application. Don't wait until the last minute to apply.



Who to contact at the home office when you need help

- You can email cbs@sofn.com for any member updates that need to be made.
- Foundation, Scholarships & Grants- Amy Tuchenhagen foundation@sofn.com, atuchenhagen@sofn.com, (612) 821-4655
- Fraternal & Membership- Connie O'Brien and Kirsten Lehman fraternal@sofn.com, (612) 821-4643
- Culture, Viking & Language: Jana Velo jvelo@sofn.com
- Insurance Sales: Michael Godbout sonsofnorwaysales@sofn.com, (833) 707-0012 – option 2
- For matter like submitting a death, a change to a members address or other info please email cbs@sofn.com
- For issues with passwords or website use ithelp@sofn.com.
- The 800 number to call in for member support is 800-945-8851
- Note:
 - Check correspondence from the International and District and the International (www.sofn.com) and District (www.sonsofnorway5.com) websites for any updates and changes.
 - Additional deadlines for the District 5 Conventions/Lodge Meetings will be added as those dates are established. Watch for future mailings and the District 5 website.
- Compiled by Darlene Arneson, SN District 5 Secretary (arnesonfamily5@gmail.com or 608-873-7209)

Norwegian For Adults, Language and Culture Camp

The Giants of the Earth Heritage Center in Spring Grove, MN is offering a weekend camp for adults called **Norwegian Ridge Language and Culture Camp for Adults** on October 17-19, 2024.

Attention District 5 Sons of Norway members: Here is a great opportunity to learn many things about Norway, Norwegian crafts and food!

Giants of the Earth Heritage Center in Spring Grove, MN is the location of a fun weekend to absorb many Norwegian cultural ideas, crafts, music, Norwegian baking, genealogy, and much more.

Spring Grove is the first Norwegian settlement in Minnesota (130 years ago).

Sign up by October 1, 2024 to receive a discount price of \$275 for the 3-day workshop. After October 1 the fee is \$300. Tuition includes class offerings for three days, 2 meals per day (lunch, dinner), coffee and snacks. Camp begins at noon, Thursday, October 17 and ends Saturday evening after dinner.

As Cultural Director of District 5, Sons of Norway, I highly recommend taking advantage of this weekend Norwegian event. You will enjoy this Norwegian town, the friendly staff at Giants of the Earth Heritage Center, and meeting people interested in their Norwegian heritage.

Lucy Ghastin, Cultural Director, District 5

Fagernes Lodge Programs and Activities



~the 15th Wisconsin Volunteer Infantry~
 The Scandinavian Regiment
 in the American Civil War

For Gud og vort Land!

IN 1861 WITH THE COUNTRY FACING CIVIL WAR, PRESIDENT LINCOLN CALLED FOR 75,000 VOLUNTEERS TO PRESERVE THE UNION. NEARLY 1000 NORWEGIAN IMMIGRANTS WERE AMONG THOSE TO ANSWER THAT CALL, BECOMING THE 15TH WISCONSIN VOLUNTEER INFANTRY REGIMENT. STEP BACK IN TIME AND FOLLOW THE 15TH FROM THEIR BEGINNINGS IN MADISON, THROUGH THEIR BATTLES ALONG THE MISSISSIPPI, INTO KENTUCKY AND TENNESSEE AND FINALLY TO GEORGIA AND THE END OF THEIR THREE YEAR ENLISTMENT IN THE UNION ARMY.



Top two and middle right photos: Dave Glomstad presented an interesting program at our July meeting on Norwegian immigrants who fought on the Union side in the 1860s American Civil war. **Middle photos:** Dawn Volkman and Leland Wier spoke on their participation as our Fagernes Lodge representatives to the 2024 Sons of Norway D5 Convention, titled RACING TO THE FUTURE, in Indianapolis, IN, June 19-22. **Bottom photo:** Kielyn and Weston Rowekamp spent time this summer at Sons of Norway-Camp Masse Moro, Beaver Creek Reserve in Fall Creek. Todd Fetsch taught woodcarving at the camp and played his banjo to entertain the kids.

Reminder:

Election and re-election of lodge officers' names, whether returning or new nominees, need to be presented at the October 26th meeting. Those nominees are then voted on at the November 23rd meeting. Offices include President, Vice-President, Secretary, Assistant Secretary, Treasurer, Social Directors, Cultural Directors, Editor, Publicity Director, Sports/Recreation Director, Membership Secretary, Historian, and Adopt-a-School. That list can be found on sofn.com If you hold one of these offices and don't want to continue in that office/position, please let Todd and Mary Jo Fetsch know promptly. Secretary LaVonne Wier said, "I highly recommend the committee take a close look at the appointments. Maybe new or different people would be a better fit for some jobs."

Norwegian Egg Coffee

Scandinavian immigrants popularized this distinctive brewing method in certain parts of the United States, and it remains a regional favorite to this day. The egg does not flavor the coffee, but instead clarifies it by filtering out bitterness and impurities. The result is an unusually smooth and mild brew.

Ingredients

5 Tbsp. coffee (medium grind works best) and 1 egg

Instructions

Beat egg in a small bowl with a fork. Add coffee grounds and mix until you have a sludge.

Bring 7 cups of water to a boil in a large coffee pot or saucepan. Add coffee/egg mixture. Continue boiling until the foam disappears – about 3 minutes. Remove from heat.

Add 1 cup of cold water to the coffee pot. This will help settle the grounds.

Pour coffee through a strainer to catch any loose grounds. Serve.



a little in English...

Crosswords, Knitting and Gardening Lower Risk of Alzheimer's

Physical activity can prevent dementia in the elderly. But activities that stimulate the brain, such as reading, going to a concert or weeding the garden, also lower the risk of physical activity.

This was shown by a University of Gothenburg study, which was recently published in the journal *Neurology*. Researchers monitored 800 women over 44 years. When the study started in 1968, they were 47 years old, on average. When the study was completed in 2012, they were an average of 91 years.

The researchers regularly asked the women which physical and mental activities they were doing, which can stimulate the brain.

Physically active people halved their risk

During the 44 years of study, 194 women developed dementia – almost one in four.

It turned out that the most physically active women halved their risk of developing dementia due to vascular diseases in the brain, compared to the physically completely passive.

In addition, women over the years were asked about cultural activities. The women who were most culturally active were also protected against dementia, especially Alzheimer's.

Culture also protected the physically passive

Women who were artistically, intellectually or manually active had a 46 percent lower risk of developing Alzheimer's disease than cultural slackers.

Ergo, reading, singing in choirs, knitting, solving crosswords or weeding your garden can protect almost as much against dementia as strenuous physical activity.

These culturally active ladies also had a 34 percent lower risk of developing other forms of dementia.

litt på norsk...

Kryssord, strikking og hagearbeid senker risikoen for Alzheimers

Fysisk aktivitet kan forebygge demens hos eldre. Men også aktiviteter som stimulerer hjernen, som å lese, gå på konsert eller å luke i hagen, senker risikoen uavhengig av fysisk aktivitet.

Det viser en studie ved Göteborgs universitet, som nylig ble publisert i tidsskriftet *Neurology*.

Forskerne har fulgt 800 kvinner gjennom 44 år. Da studien startet i 1968, var de i snitt 47 år. Da studien ble avsluttet i 2012, var de i snitt 91 år.

Forskerne har jevnlig stilt kvinnene spørsmål om hvilke fysiske og mentale aktiviteter de drev med, som kan stimulere hjernen.

Fysisk aktive halverte risikoen

I løpet av de 44 årene studien varte, utviklet 194 kvinner demens, altså nesten en av fire.

Det viste seg at de mest fysisk aktive kvinnene halverte risikoen for å utvikle demens som skyldes kar-sykdommer i hjernen, sammenlignet med fysisk helt passive.

I tillegg var kvinnene gjennom årenes løp blitt spurt om kulturelle aktiviteter. De kvinnene som var mest kulturelt aktive, var også beskyttet mot demens, særlig Alzheimers.

Kultur beskyttet også fysisk passive

Kvinner som var kunstnerisk, intellektuelt eller manuelt aktive hadde hele 46 prosent lavere risiko for å utvikle Alzheimers sykdom enn kulturelle latsabber.

Ergo kan det å lese, synge i kor, strikke, løse kryssord eller luke i hagen beskytte nesten like mye mot demens som å være i høy fysisk aktivitet.

Disse kulturelt aktive damene fikk også 34 prosent lavere risiko for å utvikle andre former for demens.

Focus on Fagernes Lodge Member Krista Rowekamp

Krista Rowekamp grew up in Jackson, Minnesota. Her parents are Mary Beth and David Paulson. She has two sisters, Lisa, and Angela (husband David), and a brother Chad (wife Denise).

She went to Riverside Elementary and High School at Jackson County Central in Jackson, MN. She graduated high school in 1999. She attended Winona State University graduating with a Special Education Degree. She recently received a Master's Degree in Special Education from University of Wisconsin-Superior.



Krista Rowekamp

After graduating Winona State, Krista worked as a transition teacher in Black River Falls, WI for eight years. Then she took a teaching position at Lincoln Elementary in Merrilan, WI where she currently works.

She and her husband Jeremy have been married 19 years. They have two children Kielyn and Weston. Kielyn and Weston attend Sons of Norway meetings with her and are very proud of their Norwegian heritage.

Krista has a small business - Castle Hill Creations. She makes and sells soy candles. Her kids also have their own business - Norske Crafts & Treats. They raise money to attend Masse Moro camp. Kielyn is also raising money to be a foreign exchange student in Norway next year.

Krista said, "I'm so happy to participate in Sons of Norway with my children. I am glad we can share to love of our culture."

She is also excited that, being a Special Education Teacher at Lincoln Elementary, she is starting a "Coffee Cart" program in which her students help make and deliver coffee drinks. Ironically, she herself doesn't drink coffee and her family teases her for not being a true Norwegian by drinking coffee.



Sons of Norway Fagernes Lodge 5-616
 Terry Thompson, Editor
 W19077 Mason Road
 Ettrick, WI 54627

Norwegian Cinnamon Thumbs

These delicious shortbread cookies rolled in cinnamon sugar are a perfect little treat with a cup of coffee!

Cookie Ingredients:

- 5 Tbsp. sugar
- 1 cup butter
- 2 cups flour
- 1 tsp. vanilla

Ingredients for rolling:

- 1 tsp. cinnamon
- ¼ cup sugar

Directions:

Preheat the oven to 350°F.

To make the cookies, beat the sugar and butter together until fluffy. Add the flour and vanilla, and beat until the dough comes together.

Take a small amount of dough (about the size of a tennis ball), and roll it gently into a long, skinny rope 1/2" in diameter (about the width of your pinky). Using a sharp knife, cut the dough into 2" pieces, making sure to cut on the diagonal instead of straight across.

Place cookies a few inches apart on a lined baking sheet, and bake 8-10 minutes, until just beginning to turn golden on the bottom edges. Remove cookies from oven and allow to cool slightly.

While cookies are cooling, combine the cinnamon and sugar for rolling in a small bowl. When cookies are cool enough to handle, roll each one gently in the cinnamon sugar, and place on a cooling rack to finish cooling.



Photo Credit: Lulu the Baker, luluthetbaker.com