



Sons of Norway Fagernes Lodge 5-616



April, May, June, 2019



Upcoming Events for our Lodge

April 14, 2019, 2:00
Stoughton Norwegian Dancers at the Blair-Taylor Middle/High School

April 27, 2019, 1:00
Meeting: Exchange student to speak.
Servers: Todd and Mary Jo Fetsch and Terry Thompson

May 11, 2019, 9-12,
Frokost: At Ettrick Town Hall , see page 3

May 17, 11:20: Syttende Mai Lunch at Rainbow;
1:30: Grandview Program

June 21, 2019, 6:00
Fyrbal at Pigeon Falls with the Osseo Lodge hosting us.

Fagernes Lodge meetings take place at Blair Community Center unless otherwise stated



The famous dancers from Stoughton will perform on April 14, 2019 in the gym at Blair-Taylor at 2:00. \$9.00 admission at the door. Lunch provided after the show. Everyone is welcome.

In 1952, Stoughton, Wisconsin held its first Syttende Mai celebration. This recognition of the Norwegian Constitution Day was to become a tradition in the community. Mr. Albert Molderhauer was the administrator of the schools at the time. He was of German ancestry, but felt that because the area was primarily populated with second and third generation Norwegians, the schools should play an active part in supporting ethnic pride in Stoughton.

He approached Jeanne Reek (English ancestry), the girls' physical education teacher, and prevailed upon her to begin a Norwegian dance group made up of high school students. The group would be expected to perform during future Syttende Mai celebrations. Ms. Reek was reluctant to undertake this task, as she had a limited folk dance background and little knowledge of Norway and its customs. However, because in those
(continued page 3)

Save cancelled stamps. The Tubfrim project can use them. Stamps must be trimmed to have at least a 1/4 inch border. Bring them to the meetings. Page 7.

Save your used printer cartridges and bring them to LaVonne or Terry. We get \$2.00 credit for each cartridge at Office Depot to use toward new cartridges and paper!

Our float is scheduled in these summertime 2019 parades

May 26 – Arcadia Broiler/Dairy Days June 2 – Taylor Days

July 14 – Trempealeau Catfish Days

August 25 – Ettrick Fun Days

September 15 – Blair Cheese Festival

a little in English...

Archaeologists Find Over 9,000 Year-Old Nut in Sykkylven

Archaeologists in Møre og Romsdal are very pleased with a discovery they made in Sykkylven this summer - a 9100 year-old hazelnut.

“The nut was partially burned. So either there was a fire in the area, or someone roasted nuts here about 9,000 years ago,” county curator Bjørn Ringstad told Sunnmørsposten.

The nut was found during archaeological surveys on the Bakke Islands in Sykkylven this summer, on a site where a new school will be built.

“We also found nutshells in one of the fire pits at the excavations in Auremarka. Then we found a whole pit full of burnt hazelnut shells. But we have not determined their age yet,” he says. The nutshell found in the Bakke Islands was analyzed by a laboratory in the United States. Ringstad says it is a fun find, which proves that hazelnuts have grown on the discovery site for several thousand years – all the way back to the stone age.

litt på norsk...

Arkeologer Fant over 9000 År Gammel Nøtt i Sykkylven

Arkeologene i Møre og Romsdal er godt fornøyd med et funn de gjorde i Sykkylven i sommer – en 9100 år gammel hasselnøtt.

– Nøtta var delvis brent. Så enten har det vært en brann i området, eller så har noen ristet nøtter her for om lag 9000 år siden, sier fylkeskonservator Bjørn Ringstad til Sunnmørsposten.

Nøtta ble funnet under de arkeologiske registreringene på Bakkeøyene i Sykkylven i sommer, på tomte der det skal bygges en ny skole.

– Også ved utgravingene på Auremarka fant vi nøtteskall i en av ildgropene. Da fant vi en hel grop full av brente hasselnøttskall. Men dem har vi ikke alderen på, sier han.

Nøtteskallet som ble funnet i Bakkeøyene er analysert ved et laboratorium i USA. Ringstad sier det er et artig funn, som beviser at det har vokst hasselnøtter på funnstedet i mange tusen år – helt tilbake til steinalderen.

Update on Adopt a School by LaVonne Wier

The Adopt-A-School reading program was implemented for a second year at Blair-Taylor in February. With new additions, there are about 70 books in our collection. LaVonne Wier and Patti Truax presented the program to most of the Blair-Taylor students. There appeared to be a good amount of enthusiasm for participation. They have until May 1, 2019 to read and report on the books. Kim Joten is assisting us with gathering the reports. Awards will be presented at the end of the school year.

Wii Bowling Update

Todd and Mary Jo Fetsch, Leland and LaVonne Wier, Byron and Marlys Britten, Travis, Jacob and Terry Thompson, Karmon Everson, Mary Tjerstad, Eileen Trim, Marleen Berg, Fran and Roger Instenes and Bob and Marie Thill all gathered at the Thill home on March 8 for a Wii Bowling event. Each person paid \$5 to bowl with the money going for SON Foundation Scholarships. The Thills have hosted this event for the lodge for years even though they are not SON members. A big shout out of thanks to them! We always have a potluck meal, visit to our hearts content, talk about upcoming Fagernes Lodge events and local “need to know” news. We laugh, joke and comment on each person’s bowling performance and have a really great time. All Fagernes Lodge members are welcome.

(Stoughton Dancers continued from page 1)

days, one didn't question authority, she began the program. That first year, she choose six girls who in turn chose their partners to form the first group.

The group began by practicing during their lunch hour. In order to put in more time they began holding practices at 7:00 a.m. Since the early years the group has grown to 20 dancers and three keyboardists. Practices are now held each morning from 6:55 a.m. to 7:40 a.m.

By the third year of their existence the interest of the school and community grew to such extent that Ms. Reek felt she must uncover all there was to know about Norway and its customs. She advanced the performance level of the troop through talks and interviews with Norwegians but found very little recorded information about folk dancing. In the summer of 1964, she went to Norway to gather information first hand. She spent seven weeks there filming folk dances, getting translations to accompany the films, exploring costume shops and taping music.

Other people in the community helped in developing these authentic folk performances. Shirley Ralph (Welch ancestry) has worked on recording on paper the music to accompany the dancers. In the beginning years, accordions were used, but today, the dancers are accompanied by keyboardists. Alma Tenjem played an important role in copying, designing, embroidering and constructing costumes. The first costumes were all hand made in Stoughton with materials that were available in the United States. Today, the bunads continue to be constructed in Stoughton, however, all the patterns, fabrics and threads are imported from Norway so that all the bunads are authentically Norwegian. Even the shoes and jewelry are imported from Norway! The girls wear bunads representing different districts in Norway, while the guys all wear the same. In 1968 they were asked to dance for King Olaf of Norway when he visited Madison. Ms. Reek returned to Norway in 1971 to do more research. The following year a highlight in the Dancers career came when they were invited to perform in Norway in and around Bergen and Oslo. With the support and assistance of talented community members, school personnel and parents, the Stoughton Norwegian Dancers have become Stoughton's "Good Will Ambassadors". They have performed for millions of people. They have toured extensively throughout the United States, Canada and Norway and have been in several national folk festivals. Each spring takes the Dancers to a different part of the country. The group has made 5 tours to Norway.

Each year many students in Stoughton try out for the nine to ten vacancies in the group left by graduating seniors. Being a Norwegian Dancer is held in high regard among the students and community. The students who are members of the group are pleased to have the opportunity to bring to each of you a little of the traditions of Norway - copied from stoughtonnorwegiandancers.com

Good news about our parade float

With Sharon Helstad's shed going down under the weight of the snow, she needs the building that housed our float to house the things that were in the collapsed shed until they can get a new shed rebuilt. Thankfully, a place has been found for the float. I will be housed in a building on the late Francis and Beverly Solberg place in French Creek.

Take Note! Our Frokost and Bake Sale is coming up sooner than you would think, May 11 from 9-12 at the Ettrick Town Hall. Be planning what you are going to bake for the sale. Especially appreciated is Norwegian baking of all kinds like Rosettes, Sandbakkels, Fatigmand, Krumkake, etc. But, you don't have to bring Norwegian baking. Also much called for are homemade donuts, cookies, cakes and breads of all kinds - whatever is best appreciated by people when you serve them. If they like it, everyone else will too. We will do more planning at our April meeting but definitely be thinking and planning to bake for our bake sale. The breakfast will include Norwegian waffles, rommegrot, herring, eggs, sweets, Norwegian cheeses and beverage. In the past the charge has been \$9.00.

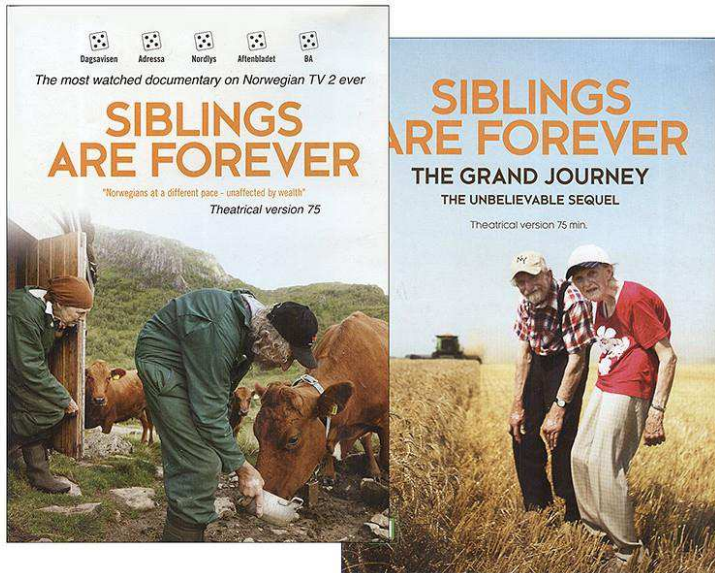
PAST HAPPENINGS AT FAGERNES LODGE



Our Annual Barneløpet, children's ski event, was held Saturday, Feb. 9, 2019 at the Arcadia Memorial Park. The participation fee was \$2 per child. Kids could bring their own skis if they had them, but skis were also provided. Nine children, parents and lodge members attended. They braved the winter weather, ate lømpe and warmed up with cocoa.



With all the area building collapses due to the heavy snow and ice this winter, there was speculation that the shed housing our SON parade float at Sharon Helstad's was the one that succumbed to the snow's weight and went down. However, we were very fortunate and thankful to learn that our float was housed in a different building, and was not affected by the collapse of the shed. It would have been a great loss to our lodge (our float is pictured here).



Those attending the February and March meetings of our lodge were privileged to watch these two DVDs "Siblings Are Forever," which are a warm and poetic documentary about a brother-and-sister couple, Magnar and Oddny. Both are over 70 years old. They live on the family farm at Kleiva in Naustdal, a few miles from Førde in Sogn & Fjordane county. In the second DVD, they have received a letter from America. They are invited by relatives to visit them in America. They do go and have a great time comparing American farming to their way of life. It is about people who live the way many Norwegians lived before petroleum-driven wealth changed almost everything: Closely entwined with the grandiose natural surroundings, while at the same time impoverished in terms of financial wealth. This is a film about people who allowed time to lapse at a rate, despite the fact that time in the modern age raced beyond them.



Lance Bagstad, Todd and Mary Jo Fetsch, prepared flatbread and lefse for attendees to sample and represented our Sons of Norway Fagernes Blair Lodge well at the Taste of Arcadia event held at the Arcadia High School on March 23.

Marie Thill, along with husband Bob, has hosted our Wii Bowling event for over ten years. Here she sends the ball rolling.



Tiny Almond Pies

Top off your Easter supper with this tasty dessert, laced with delicate almond flavor.

Ingredients:

For the dough:

Scant 2/3 cup unsalted butter
1 cup flour, sifted
1 egg yolk
3 1/2 Tbsp. cold water
1 Tbsp. cognac

For the filling:

1 1/4 cups ground almonds
1 cup sifted confectioner's sugar
3 egg whites, lightly beaten



Directions:

Step 1: Divide the butter into three pieces of equal size. Crumble one piece into the flour. **Step 2:** Whisk the egg yolk into the water and add. Knead lightly and form into a square. Wrap in plastic and refrigerate 30 minutes. Let the remaining butter rest at room temperature. Sprinkle the baking surface with flour. Roll the dough out into a thin rectangular. Spread half the remaining butter over 2/3 of the dough. **Step 3:** Fold over the plain section, then fold over the other section with butter, like a business letter. This forms a rectangle with three layers of dough and two of butter. Roll into a rectangle and fold into thirds again. Refrigerate 30 minutes. **Step 4:** Roll out the dough and spread with the remaining margarine. Fold into thirds, roll out again and fold into thirds. Refrigerate the dough for 30 minutes. Preheat the oven to 200o C (400o F). Grease sandkake (small fluted pie) tins. **Step 5:** Roll the dough out into a 2 mm thin sheet. Cut into circles slightly larger than the diameter of the tins. Press into the tins. **Step 6:** For the filling, combine almonds with powdered sugar and egg whites. Place about 1 1/2 teaspoons of filling in each form. **Step 7:** Cut out 8 mm (1/3") strips of dough and arrange in an "x" over the filling. Tuck the ends between the filling and the crust. **Step 8:** Bake on a baking sheet on the lowest oven shelf about 20 minutes. Makes 12-14 cakes. This recipe is taken from "The Norwegian Kitchen" which is available for purchase through the Vesterheim Museum Bookstore: (800) 979-3346 or www.vesterheim.org.

HAPPY BIRTHDAY!

Due to privacy concerns, only the month is listed

April

Cheryl Bragger, Cassandra Dobson, Keoinia Dobson, Peter Fetsch, Rafael Hanson, Gavin

Instenes, Jescey Thompson, Eileen Trim

May

Christy Anderson, Laura Dobson, Fern Galstad, Fran Instenes, Elijah Jacobs, Virginia Ronning, Victor

Volkman, Will Volkman, Leland Wier

June

Henry Fetsch, Russel Glomstad, Joseph Iverson, Lynn Thompson



Long-time Fagernes Lodge member, Beverly Solberg, passed away Tuesday, February 5, 2019, eight days before her 93rd birthday. She was a charter member of the Sons of Norway in the Blair area and enjoyed planning the programs. She and her late husband, Francis, enjoyed riding the Fagernes Lodge parade floats. They were parents of three children and several grandchildren/great grandchildren. Beverly and Francis were admired for their special loving partnership and were known to show a genuine interest in young parents and their children. Beverly was strong in her faith, friendly, caring, patient, kind, and gifted in leadership, with a strong work ethic. She was such an enthusiastic member of our lodge, and always had a sparkling smile and good word for everyone. We will all miss her exuberant attitude and that smile. We were all blessed to have known her.

In Memory of Beverly Solberg

President's Message

Ord Fra Din Fagernes Losje Presidentin

It's been a long and cold winter. Lots of cold and lots of snow. Now the snow melts. Many collapsed barn and shed roofs. One very close to our parade float at Sharon Helsted's. Looks like we will have a new home for the float.

Our Barneløpet was a success. Snow was good. Weather was cold. So cold in the morning that we put it off til the afternoon. Next year we will hold it in the afternoon!! Warmer perhaps then too!!

We had fun bowling again at the Thill's. Thank yous go out to them!

We participated in the first 'Taste of Arcadia' where we made lefse, flatbread and krumkake. Many people enjoyed our goodies. Thanks to Lance Bagstad who made flatbread. LaVonne Wier who made the krumkake and yours truly who made lefse. Good stuff!!

Now we look forward for the Spring and early summer events.

First of which is the Stoughton Norwegian Dancers . Their program our lodge is sponsoring and it is being held at the Blair-Taylor High School. Our Frokost will be on May 11th , I believe and it will be in Ettrick at the Town Hall.

Then our Syttende Mai activities, followed by our first parade in Arcadia.

There is a Waffle frokost provided by the Osseo lodge. That will be on April 13th. These will be detailed in our programming.

So lots going on. Enjoy the Spring. Get in your gardens and get out and do some hiking!! You bet!!

Presidentin, Todd

What is Tubfrim?

Tubfrim is an organization that for over 85 years has collected used stamps, postcards and phone cards. This resells we stamp dealers, private individuals and collectors in Norway and many other countries.

There are many ways in which we are asked to assist our fellow human beings who are in need. Participation in the Tubfrim program is one of the more simple yet successful ways to do just that. Tubfrim is an organization in Norway that resells cancelled stamps and donates the proceeds to help children with disabilities. Sons of Norway is proud to support Tubfrim in their work to support children in need.

In 1928 Ditlef Frantzen, postmaster of the small Norwegian town of Nesbyen, got the idea to collect and market canceled stamps as a way of raising funds for the Tuberculosis Association in Norway. Within a few years, his idea caught on and many communities in Norway and beyond were collecting and sending bags of canceled stamps to Nesbyen.

When Frantzen left Nesbyen in 1943, he donated his stamp collecting institution to the Norwegian Health Service. Since tuberculosis is no longer the threat to health that it once was, today disabled and needy children receive the proceeds from the resale of the stamps. Last year Tubfrim made a profit of 520,000 Kroner (that's almost \$80,000).

How can I help?

To help Tubfrim do its crucial work, simply clip canceled stamps from envelopes, leaving at least a quarter of an inch around the edge. When you have collected a pound of stamps, ask your Tubfrim chairperson or lodge secretary to weigh and verify them. **Then place your stamps in a plastic bag and send it in a sturdy box to Tubfrim, 3540 Nesbyen, Norway.**

You may also bring them to the meetings and give to an officer or send your stamps to one of the district Tubfrim coordinators who will in turn forward them to Tubfrim:

District 5: Mary Bennett 6414 Irving Drive Sun Prairie, WI 53590

Phone: (608) 837-8335

E-mail: mjbenn4@gmail.com

Changes in District 5

We had notice from the home office that Nordlandet Lodge 5-620 in Minocqua/Woodroff, Wisconsin, was disbanded in our system on 02/15/2019. We thank the members of Nordlandet for their many years of dedication and participation. We hope that lodges near that area will reach out to the members so they can have some involvement in local activities. Members at the time of disbanding are transferred to the Central Lodge unless they indicate another lodge

We also received a note of resignation from District 5 Cultural Director Geraldine Lachman. She also has served as the Zone 4 Director. Her alternate (specific) was Judy Ghastin and Judy will accept the Zone 4 Director position. At the April board meeting, the new cultural director will be elected from zone directors who aren't serving as officers. Thank you to Geraldine for her service to the District. We will also be reaching out to the benefit members who were delegates in Zone 4 to see who is interested in being Judy's alternate on the board.



Sons of Norway Fagernes Lodge 5-616
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Karen Broadhead, Zone 2 SON District Five Director, facilitated our Fagernes Lodge new and returning officers' installation at our January 2019 Meeting. Seated from left, Marlys Britten, Eddie Thompson, Todd Fetsch, Broadhead. Standing from left, Fran Instenes, LaVonne Wier, Roger Instenes, Charlotte Dahl, Virginia Ronning, Mary Jo Fetsch, Byron Britten, Vergie Stecha, Danny Toth, and Terry Thompson