



Hei, alle sammen,

Spring is coming quickly, and typically for Wisconsin, we will now have our snowfalls. Temperatures in the low 40s and mostly sunny skies are predicted for our meeting time this Saturday, March 8th, 9 am, at Scotty's Pizza. We have been having some very low attendance over the past several meetings, and discussion about our treasury funds and when our final meeting will be should take place. We hope to see you then.

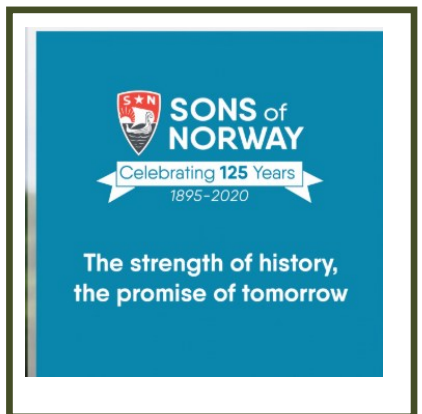
Doug & I attended the Stevens Point Vennligfolk Lodge meeting last month, and we will share what we learned from that as well as some of our other remaining duties.

As the clock above reminds us, it's time to move ahead one hour. And as the birthday cake below tells us, someone in the lodge is celebrating a birthday. Belated birthday greetings to Ruth Stram - Feb. 20th, and Roger Krogstad - Feb 5



Gratulerer med dagen!

Sherrie, editor



The mission of Sons of Norway is to promote and preserve the heritage and culture of Norway and to provide quality insurance and financial products to its

### BARNEBIRKIE MOVED BACK TO HAYWARD, WI

The Viking Gods blessed Hayward, WI with multiple snowfalls. The Barnebirkie was returned to Hayward from Cable, WI.

A total of 673.5 dozen cookies were made and donated by D5 lodges, and including store bought cookies with money donations brought a grand total of 800.5 dozen. The children loved going to the cookie tent and there was a big line waiting for the cookies.



Thank you to all the lodges for the monetary and cookie donations.

Clara Solak, Sports Director



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## News from the District 5 Board

### District Scholarships are due March 15

[https://sonsofnorway5.com/financial/district\\_scholarships.php](https://sonsofnorway5.com/financial/district_scholarships.php)

### Promoting our Financial Products

#### Annuities

An Annuity is an investment designed for protection from market risk while offering you a guaranteed rate of return. An

Annuity is a contract between you and an insurance company. Annuities give you the option to simply let your money grow with interest, ability to access free withdrawals, or take systematic payments over a set number of years; there are even life time payment options. Annuities have many advantages: • Tax Deferral • Protection from Market Risk • Diversification • Guaranteed Interest Rate • Access to Free Withdrawals With the right Annuity, Sons of Norway can help you reach your long-term financial goals.



### How Oslo Got Its Name

The capital of Norway—Oslo—is one of the easier names to pronounce in the list of Norwegian cities. However, Oslo hasn't always been its name. In fact, it has taken on a few different names throughout history. Originally, the name was Ánslo or Áslo around the year 1040. It is believed that the second part of the name, 'lo', meant "meadow" and the first part of the word, 'Ás' meant "hill" or "ridge", which makes the entire name translate to "meadow beneath the ridge." In 1314, when the city officially became the capital, the spelling transitioned to what we know today: Oslo (pronounced "ooh-shloo") However, when the city burned down in 1624 and plans were discussed to rebuild, King Christian VI of Denmark and Norway decided the new city would take his name and become Christiania. With the language reform movement that followed in the next few centuries, the city was then spelled with a K, becoming Kristiania. Finally, around 1924, the city went back to its roots and was officially renamed Oslo, which stemmed from some of the eastern parts of the city being referred to as "Oslo" in maps at the time.



## **The Birkebeiner races - the historical background**

All the Birken races are founded upon the legendary escape that the Birkebeiners, Skjervald Skrukka and Torstein Skjevla, managed around New Year 1205/1206, rescuing the little prince Haakon Haakonssen from the Baglers. During this civil war the fraction rivaling against the Birkebeiners, the Baglers, was looking for the young heir to the Norwegian throne.

In the fall of 1930 author and forester, Haakon Lie, published an article launching the idea of a ski race in honor of the 1206 rescue of the 18 month old prince, Haakon Haakonsson.

Two years later - on January 10th 1932, 6 men - Fredrik Grundtvig, Agnar Renolen, Peder Olsen, Lars Høgvold, Halvor Kampen and Olaf Larsen, met on the mountain Raufjellet, and formally decided to arrange the very first Birkebeinerrennet. In 1932 147 men completed the then 59 km long trail - first among them was Trygve Beisvåg, finishing on a respectable 4:51:40

Following the death of the Norwegian king Haakon Sverresson, the two rivaling fractions, the Baglers and the Birkebeiners, fought to gain control of the country.

To keep Haakon Sverressons son - Haakon Haakonsson, from being killed by the Baglers, and by that securing the throne, a small group of Birkebeiners brought prince Haakon and his mother, Inga, north. Just after New Years Eve 1206 the two best skiers - Torstein Skevla and Skjervald Skrukka, carrying the child, chose the route across the mountains separating Gudbrandsdalen and Østerdalen. It was a strenuous journey, but the young prince was brought to safety in Trondheim.

The prince grew to become the king who united Norway, after 1000 years of civil war, and led the country into its golden age during the Middle Ages.

The name Birkebeinere was given by the Baglers, and originally intended to be offensive - referring to their leggings of birch bark, indicating that they were poor and incapable. They proved the Baglers wrong, and today the name carries a sense of pride, strength and endurance - something thousands of people, participating in the historical race every year, keep striving for.