



Norse Valley Lodge 5-491 Nytt Notes August 2024

Don't Forget to Stop By and Support Saturday's Norse Valley Brat and Hamburger Fry at the Darboy Festival Foods!

With our sending and reimbursing delegates to the District 5 Convention in Indianapolis in mid-June, our Lodge funds have been reduced. To pump those funds back up so that we can help defray children's costs with Masse Moro Norwegian immersion summer camp scholarships and reimburse interesting guest speakers at our monthly Lodge meetings, we are conducting a brat and hamburger fry as a Norse Valley Lodge fundraiser at Festival Foods on Saturday August 3rd in Darboy (East College Avenue).

We have all the volunteer worker spots covered but we need you, your friends, and your neighbors to stop by a buy a brat / hamburger or two (or half-dozen)!

Serving Times begin at 10:00 a.m. and end at 6:00 p.m.

If you are going to Mile of Music or the beach on Saturday, we have your lunch or dinner needs taken care of.

Stop by and say hi and buy a brat or hamburger and hydrate with a Pepsi or a water!

Home Away From Home or American Culture in Lista, Norway

Immigration is a bedrock of American history. The US is often called a nation of immigrants, reflected in nearly every aspect of our culture. And while unique American culture can be easy to spot, it is not often seen beyond our shores—except in Lista, Norway.

While plenty of Norwegians permanently settled in the United States, in the 1950's and 60's there was a sizable group of Norwegians that came to the US after World War II temporarily for work and eventually returned to Norway.

Many of these migrants spent time in places like Brooklyn, NY and embraced all that American culture had to offer them. When they returned home to Norway, they brought things like street signs, kitchens, outlets, appliances, cars, windows, and furniture with them.

Americana culture is still seen and celebrated along Norway's southern coast. Every summer during the last weekend of June, The American Festival is held in nearby Vanse.

Meeting in Vanse's "Brooklyn Square" the festival includes a street parade – inspired by New Orleans Mardi Gras, musical events with tribute bands that may play artists like Johnny Cash, Jon Bon Jovi, and much more. Walk of Fame Stars are given to those that have helped champion American cultural heritage in Lista. One such recipient is Norway's own Kjell Elvis, an Elvis impersonator who is from the area.

Aside from the annual celebration of all things American, Vase is home to stores like Trunken which has been in operation for 20 years. The store is filled with well-known American products and named for the item that first brought them back to Norway, the trunk, or American suitcase. Trunken has expanded to feature a museum that displays an authentic and retro American apartment as well as a diner style bakery that serves up BLT's, apple, pumpkin, and lemon meringue pies.

So, if you are ever in the area and are homesick, you can make a pit stop for a taste and feel of America in Lista.

In case you missed it

On Wednesday July 10th, Norse Valley Lodge members Patrick Dier, Pam Ulness, Judy Ghastin, Lucy Ghastin, Lois Greutzmacher, and Corey Olson spent the day volunteering at the Norwegian American Genealogical Center near the state capitol building in Madison.

We arrived at the NAGC at 10:30 a.m. and some of us commenced with some outdoor grounds clean-up (weed pulling, edging, vine clearing, brush clearing, and parking lot sweeping). Others did an inventory of all the books contained within the Norwegian – American Library. We wrapped our activities between 3:00 and 4:00 p.m.

The Genealogical Center was very appreciative of the Norse Valley efforts as we are the only Lodge in the state of Wisconsin that does outreach with them.

Thanks to Board Member and Treasurer Corey Olson for organizing this annual volunteer outing.



No Lodge Meeting in August but we are Back At It on September 21st!

We are continuing the tradition of suspending our monthly Lodge meetings during the summer months so we can take advantage of the little warm weather we have in northeast Wisconsin but we will start up again on Saturday 5:00 p.m. September 21st. Our autumn kick-off Lodge meeting will feature Erich Knapp and a Scandinavian cooking demonstration so mark your calendars according taking special note of the earlier start time.

An Upcoming Volunteer Opportunity:

Beginning at 11:30 a.m. and ending at 2:15 p.m. on Wednesday September 18th, we are looking for Norse Valley members to volunteer at Feeding America on the north side of Appleton to pack food for the less fortunate.

Please contact Norse Valley member Linda Hash (lhash@new.rr.com), our volunteer coordinator, if you would like to help out.

Many of our regular Norse Valley volunteers are unable to make this September 18th activity so we'd really like to see some new members chip in if you are available.



Norway's Natural Wonders

I have many passions but in my top 5 is hiking in God's beautiful creation of planet Earth. I recently did some research about some of the top hikes in Norway. Here are three that I found that I want to share with you and it so wants me to jump on a plane and head to my ancestor's homeland.

Western Norway is home to three of the country's most recognizable rock formations. Pulpit Rock, Trolltunga, and Kjerag all boast hiking trails leading to viewpoints that have inspired thousands of Instagram posts. This triple crown of spectacular summits is majorly photogenic—and hence, majorly popular.

The best way to beat the crowds? Avoid peak summer months at all costs—mid-July through August see the most traffic. Instead, plan a visit for late June or early September when you're more likely to have some space (though keep in mind that weather conditions will be less predictable).

Another tip: get there early. Daytime comes early in the Norwegian summer months, and a sunrise start means you'll begin your hike before most of the large tour groups and buses arrive.

Kjerag Hike



About 10,000 years ago, massive glaciers scraped their way from the mountains to the sea. In the process, Norway's rugged landscapes, most notably its fjords, were formed. At some point, the famous **Kjeragbolten** (Kjerag boulder) was wedged into a crevasse at a heart-stopping 3,228 feet over the fjord.

The hike is demanding, with an ascent of more than 2,500 feet. During the approximately 2.5-hour climb to the boulder, you'll encounter 3 periods of steep climbing interspersed with 2 shallow valleys. Along the way, you'll enjoy views of Lysebotn at the head of the Lysefjord. The final mile leading up to Kjeragbolten is relatively flat, and once you reach the edge of the mountain's plateau you'll be

rewarded with panoramic views of the 26-mile long Lysefjord. If you're among the brave, you can even stand atop the boulder before making your descent.

Distance: 7 miles

Duration: 5.5 hours

Pulpit Rock Hike



Preikestolen, known in English as Pulpit Rock, has been named time and time again as one of the world's most spectacular viewpoints. It's the most visited natural attraction in Norway, hanging nearly two thousand feet above the Lysefjord, and its trail will likely be the most crowded of the three rock formations on your itinerary. An excellent option is to begin your guided hike before the sun comes up - not only will this grant you a legitimate head start and plenty of solitude, you'll also take in the sunrise from the top.

The typical route up Pulpit Rock takes about 5 hours roundtrip on hilly terrain. You'll get to the trailhead after hopping on the Lysefjord ferry. Once you reach the mountain plateau, take some time to enjoy the spectacular view and snap plenty of Instagram-worthy photos.

Distance: 6 miles

Duration: 5 hours

Trolltunga Hike



Trolltunga (or Troll's Tongue) is situated at over 3,600 feet above sea level, a whopping 2,300 feet above gorgeous Lake Ringedalsvatnet.

This is a long, all-day hike on the Hardangervidda mountain plateau. The trek starts in Skjeggedal with 3 miles of steady uphill hiking, and you'll follow the clear-cut path to your first lookout point.

Bask in the stunning view of Folgefonna National Park before continuing towards Tyssebotn. Here you'll find deep holes in the mountain, made by sand and stone that rotated over time in the now dry Tyssestrengene Waterfall - once the world's fifth tallest waterfall. The hike ends at Trolltunga, with stunning views of the lake below and the Folgefonna Glacier in the distance. Walk out to the edge of the "tongue" if you dare - though always be sure to keep safety in mind!

Distance: 17 miles

Duration: 8-12 hours

Upcoming Rosemaling Class

Lois Mueller will be leading a Rosemaling class using the Gudbrandsdal style starting on August 23rd and ending on August 25th (Friday through Sunday) from 9:00 a.m. to 4:00 p.m. each day at the Neenah Police Station, located at 2111 Marathon Avenue.

The cost of the 3 day class is \$110.00 and includes instructions, design, photo and the acrylic paint that will be used in the class.

If you are interested, please see the attached registration form and return it to Lois by **August 10th**.

Attention Facebook Users

Be sure to Follow our lodge's Facebook page (@norsevalley) and check in regularly to Like and Share our posts if you happen to miss them in your feed.

The more our posts are Shared and Liked, the more exposure our lodge gets which is great advertising for us. Don't forget that our website norsevalley.org is a great place to find out about upcoming events and check out photos from past events.

Got a question? Send an email to norsevalley@gmail.com.

If you have any questions or concerns about lodge activities, please contact Judy Ghastin at judy62ghastin@gmail.com or 920-450-3584.