



SONS OF NORWAY

Rib Fjell Lodge 496, District 5

Wausau and North Central Wisconsin

Sons, Daughters, and Friends of Norway Newsletter

February 2025

Officers:

President/Book Club:

Brent Brye
(715) 845-2498
brentbrye@yahoo.com

Vice President:

Bill Schrubba
(605) 880-6013
wschruba@gmail.com

Secretary:

Tryphine Schrubba
(605) 880-7589
tschruba@gmail.com

Treasurer:

Kris Peterson
(715) 432-8138
krisp3@msn.com

Cultural Director/Programs:

Kira James
(715) 571-7719
kiraewi@gmail.com

Newsletter Editor:

Kris Peterson
(715) 432-8138
krisp3@msn.com

Counselor/Book Club:

Mary Henkelman
(715) 359-3953
mehenkelman217@gmail.com

Social Director:

Dave Berge
(715) 845-4807
dberge@charter.net

Membership:

Karen Briggs
Briggs154@gmail.com

Publicity/Photographer:

Open Position

Tubfrim:

Kathy Westlund
(715) 359-8116
d.west4@frontier.com

February Meeting

Our next Lodge meeting will be at **10:00 AM, Saturday, February 22, 2025, at the Marathon County Public Library, downtown Wausau.** We will have a board member from New Beginnings talk (see below) and then a program on World War II in northern Norway.

New Beginnings

It was decided by consensus at the January meeting to give a donation to New Beginnings for refugees, but those in attendance requested to have A New Beginnings board member give more information before deciding on an amount to give. Please ignore the information I gave about the matching grant New Beginnings was to receive. The amount I gave was the original amount, but more recently new information has come out. There have been changes including the fact that the New Beginnings office, English language classes, and shopping pantry will be moving to First United Methodist Church in February where the rent will be much less. Therefore, the amount of the grant has been reduced significantly and I don't have information on the structure of the grant. The board member will be allotted 10 minutes so as not to interfere with our program, so please be respectful of that.

You more than likely are aware that the new administration has stopped refugee resettlement for at least 4 months. However, we still need to take care of the recent arrivals, giving them a chance to succeed as our neighbors. I applaud them for their courage. New Beginnings receives no government funds and relies strictly on the good hearts of local people for funding. It is wonderful to live in a generous community.

Book Club

The next book club meeting will be at **9:30 a.m. on Thursday, March 20** at our usual place, the room off the **deli at 2510**. We will read *The Son Avenger*, the final book of the tetralogy *The Master of Hestviken* by Ingrid Undset. "Powerfully written and filled with magnificent vignettes of the daily life of a medieval estate, 'The Son Avenger' suggests a Greek tragedy whose vision of fate coexists with a Christian sense of suffering and forgiveness" is a description written of the book. Even if you haven't read the series, you are invited to join us to listen in on the discussion.

February Birthdays

21st – Michele Vinje

Upcoming Meetings

Saturday, March 15, 10:00 a.m., Marathon County Public Library in Wausau
Thursday, May 15, 5:30 p.m., Potluck Dinner at Immanuel Lutheran Church

Future Newsletters

Newsletters are published at the beginning of each month that we have a meeting. Please have all information that you would like placed in the newsletter to the editor, Kris Peterson (krisp3@msn.com), by the 25th of the previous month.

Kicking off the Bicentennial of Norwegian Migration

On July 4, 1825, a group of 52 Norwegians set sail on the ship Restauration to make the first organized migration from Norway to North America. Since that first voyage, about 900,000 others have followed, leaving their homes in search of opportunities and a better life. While many returned to Norway, most stayed and built a new home in the New World. Today nearly five million people in North America claim Norwegian ancestry.

This year, Sons of Norway and Crossings commemorate 200 years of organized Norwegian migration to North America. It's a year to celebrate the strong ties between Norway, the United States, and Canada. It's an opportunity to remember what it means to take great risks and trade one home for another. And it's a chance to better understand the movement of peoples that continues worldwide today.

On July 4, 2025, a replica of the sloop Restauration will set sail for New York, retracing the route 200 years after the first organized group of Norwegians departed. We are reminded of struggles for religious freedom and better living conditions that inspired so many to risk the journey. Aboard the replica ship, the Randaberg Yngre Mannskor recorded the Thomas Kingo hymn Sorgen og Gleden (Sorrow and Joy) that may have been sung on board, with the mixed emotions that the migrants must have felt:

Sorrow and joy go hand in hand together
Fortune, misfortune as neighbors do dwell
Luck and adversity call to each other
Sunshine and clouds are companions as well
Earth's brightest gold is but fine mold
Heaven alone is where bliss can unfold

Crossings – 200th Anniversary of Norwegian Migration

2025 marks the 200th Anniversary of the first organized emigration of Norwegians to the United States. The single mast sloop, Restauration, left Stavanger on July 4, 1825, with 52 people on board. Often referred to as the "Sloopers," they arrived in New York City harbor on October 9, 1825. The coordinated undertaking for the 200th anniversary has been identified as Crossings, Norway & North America, 1825 – 2025. The Crossings Bicentennial in North America is managed by a group of dedicated professionals representing numerous organizations that include the Norwegian American Historical Association (NAHA), Vesterheim Norwegian-American Museum, Norway House, The Norwegian American newspaper, with representation from Sons of Norway and the Sons of Norway Foundation.

Sons of Norway Involvement

Sons of Norway lodges and other cultural organizations and educational institutions have an opportunity to partner to create exceptional, entertaining and memorable programming in recognition of this anniversary. It should be noted that 2025 is being referred to as a commemoration, not a celebration: immigration brought opportunities to new arrivals, but also negatively affected existing nations.

Sons of Norway Foundation

The Sons of Norway Foundation has made a financial contribution to assist in the communication efforts for Crossings as this milestone is likely beneficial to many of our lodges. Now is the time for Sons of Norway lodges to consider their options, potential partners, and begin planning for 2025. The Sons of Norway Foundation grants and scholarships program is a funding resource for lodge projects and programs. Grants reach grassroots communities across the country and Norway, and scholarships bolster education and cultural exploration domestically and internationally. 2025 projects related to the 200th anniversary will be given preference for grants. There are also grants available to non-Sons of Norway groups. Find out more at sofn.com/foundation/grants.

Crossings Website The Crossings website crossings.norwegianamerican.com is continually being updated. Recent additions include a Planning Guide (<https://crossings.norwegianamerican.com/planningguide/> and Style Guide (https://crossings.norwegianamerican.com/wpcontent/uploads/2024/05/Crossings_Styleguide_4.28.24.pdf). The Resources (<https://crossings.norwegianamerican.com/resources/>) tab has a growing number of resources. The Calendar (<https://crossings.norwegianamerican.com/events/>) tab has a button to Register an Event and lodges are encouraged to add their events.

From the Sons of Norway News Service

Viking Swords in Oslo Airport

In early September, a new exhibition was installed at Oslo's Gardermoen Airport. This display consists of seven Viking Age swords that have been unearthed in various places in Norway. The project was a joint effort between the Historical Museum and Gardermoen. Each sword has additional information with it and there is a QR code that travelers can scan to visit the museum's homepage.

The hope is that the exhibition will promote cultural experiences in Norway since nearly four million people will likely pass by the display within the year. The director of the airport, Stine Ramstad Westby, is very pleased that they now have an Edvard Munch and Viking Age exhibition as those are two things that Norway is well-known for. A couple of the first passengers to see the display were asked their opinion on it and they shared the same sentiment; they immediately felt the culture of Norway when they saw it.



Catching Up with New Scandinavian Cooking

Chef Andreas Viestad is known for New Scandinavian Cooking, which revolutionized the cooking show by placing the food and its origins in the foreground of breathtaking Norwegian nature.

A unique aspect of the show is that it is actually filmed twice- first in Norwegian for domestic tv—named [En Bit Av Norge](#)—A Piece of Norway. Then the entire show is re-shot in English for its worldwide viewers.

Since its inception in 2003, New Scandinavian Cooking has been shown in over 130 countries. Viestad has toggled as host with chefs from Sweden, Denmark and Finland. In 2020, Norwegian Christer Rødseth became the host of Season 16.

Hailing from Aurskog outside of Oslo and called “a young star in the cooking stratosphere” by culinary team Nortura Proff, Rødseth started cooking at age 9, inspired his grandmother. Now there is seemingly no end to the irons that Chef Rødseth has in the fire- he is a restaurateur in Oslo, appears regularly on Norwegian tv, wins international culinary competitions and has written several cookbooks.

Find mouth-watering recipes on the [NSC website](#) and gaze at photos on the show's [Instagram](#).

The Digitization of Norway

Norway has its sights set on becoming the world's most digitized country by 2030. While that date seems far away, the work has already begun. This initiative is part of a new national digitization strategy that was created to set clear goals to achieve the digital Norway of the future. Prime Minister Jonas Gahr Støre points to three main benefits that will result from this strategy: a simpler and safer everyday life, a more competitive business sector, and a more modern public sector.

The digitization initiative is a response in part to other factors, including a growing elderly population with a shrinking work force. Despite this, work tasks will continue to grow and the need to remain competitive in the global market will continue.

The strategy contains five core measures that planners say are vital to its success. Included in these measures are offering high-speed broadband services, education and training, building infrastructure around AI, faster processing, and safeguards in digital marketing and use.

The collaboration of Norwegian government leaders, private sector business, social, and research communities all know that this is an ambitious endeavor but are confident that the foundation that is now laid will result in success.

Source: <https://www.regjeringen.no/no/aktuelt/norge-skal-bli-verdens-mest-digitaliserte-land/id3055039/>



Coffee Steak Rub

From Viking magazine, March 2020

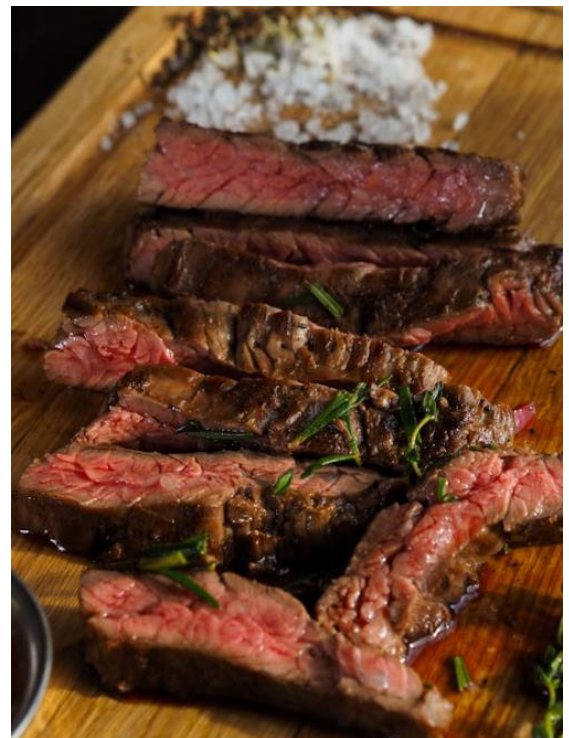
The smoky aroma of coffee pairs beautifully with spices for this dry rub mix. Use it on beef steaks such as flank, hanger or ribeye. Let the rub sit on the steak for 1 hour or overnight before cooking. Makes 1/2 cup dry rub mix.

- 2 Tbsp. finely ground coffee
- 3 Tbsp. brown sugar
- 1 Tbsp. kosher salt
- 1 Tbsp. ground coriander
- 1 1/2 tsp. caraway seeds, ground
- 1 1/2 tsp. ground black pepper
- 1 1/2 tsp. ground cinnamon
- 1 1/2 tsp. ground ginger

Mix all ingredients together and store in an airtight jar. It will last for 6 weeks at room temperature.

Dry rub tips from [Just Cook with Sally](#):

Apply your dry rub liberally and work it into the meat. It is called rub, not a sprinkle, for a reason. Once coated, I place the meat on a nonreactive dish, cover it with paper towels, and stick it in the refrigerator. The time air drying in the refrigerator aids the meat in developing a crispy exterior. Before cooking, use your fingers to wipe off excess dry rub and



remember not to add any additional salt, either directly or in salty additions such as soy sauce or canned broth, unless it's labeled low sodium.

After the meat has finished cooking, let it rest. This allows the juices to settle and the muscle to relax. Keep in mind that larger cuts of meat will continue to cook while resting. They can increase 5 degrees while resting, pushing them from medium-rare to medium. Use a meat thermometer and remove from the oven with the resting factor in mind. Steaks and smaller cuts of meat should rest 10 minutes, tented with foil. Larger meats, like a turkey or a standing rib roast, need 15 minutes to a half hour, tented. When you're working out your meal timeline, make sure to account for rest time.

Cultural Weekend Update- October 3-5, 2025

It's 2025 and our Culture Weekend Committee is happy to announce that we have completed the plans for the District 5 Culture Weekend in October. Attached are the registration forms and schedule of activities. Thanks- Barb Johnson, Culture Director, Polar Star Lodge 5-472

October 3-5, 2025 "Celebrating Norwegian Immigration – The Sloopers 200th Anniversary"

A three-day weekend of Norwegian Culture fun featuring Sloopers and Fox Valley Settlement pioneer history, traditional Norwegian culture and craft programs and classes, Norwegian games and movie night, "Sluppen" fun walk, Norwegian barn dance with Norwegian folk music and food, traditional Norwegian worship service, and a chance to meet descendants of the first Norwegian-American immigrants at their Sloopers Society annual meeting. This is a Sons of Norway District 5 Adult Norwegian Cultural Weekend event in Norway, Illinois, sponsored by Polar Star and Cleng Peerson Sons of Norway lodges, the Norsk Museum, and the Sloopers Society of America. Weekend preregistration is required.

Download these PDF files for the full weekend schedule information and registration forms:

- Schedule – Information
- Weekend Registration Form
- Fun Walk Registration Form for "Sluppen" Around Norway, Illinois

Sons of Norway District 5 Adult Culture Weekend October 3-5, 2025
“Celebrating Norwegian Immigration - The Sloop 200th Anniversary”

The Culture Weekend begins at 1:30 p.m. at the Norway Community Center in Norway, Illinois, 3667 E. 2603rd Road, Sheridan (Norway), Illinois.

In addition to the scheduled weekend activities, there will be several Norwegian cultural displays along the walls of the Community Center Main Room, all day Friday and Saturday.

- Bunad/Norwegian Folk Costumes
- Norwegian American Genealogy Center and Naeseth Library
- Animal Breeds Originated in Norway
- Stave Churches
- Trolls
- Sons of Norway Book Club

Friday, October 3 – Afternoon

<p>Community Center, Main Room</p> <p>1:30: Opening Remarks: “Welcome to the Fox River Settlement” (Ken Johnson, Polar Star Lodge President)</p> <p>1:45 – 2:45:</p> <ul style="list-style-type: none"> • Norwegian American Women and their influence on Illinois Communities. (Ken Johnson, Connie Kross, Barb Johnson) <p>3:00 – 4:00:</p> <ul style="list-style-type: none"> • Looking at Norway Culture, History and Beauty Through Its Postage Stamps. (Arthur Andersen) <p>4:15 - 5:45:</p> <ul style="list-style-type: none"> • The Ship called “Viking”. Origin, History and Voyages of the “Viking”, the 1892 exact replica of the circa 900 A.D. Gokstad viking ship. (Karen Oswald) 	<p>Community Center, Back Room</p> <p>1:45 – 2:45:</p> <ul style="list-style-type: none"> • Norwegian Rosemaling. Demonstration and Display. (Kathy/Kass Mufich) <p>3:00 – 4:00:</p> <ul style="list-style-type: none"> • Needle Felting. Make a needle felted Juletrepynter (Christmas tree ornament). Materials are free to registered participants. Starter kits also available for purchase on-site. (Connie Kross, Barb Johnson) • Demonstrations of traditional Norwegian hand crafts by local artists. • Demonstration: Norwegian Waffles With Lingonberries 	<p>Norway United Methodist Church 2642 N. 3650th Road Norway Sheridan (Norway), Illinois</p> <p>2:00 – 4:00:</p> <ul style="list-style-type: none"> • Stamping Norwegian Christmas Cards. Make 2 Christmas cards and 2 gift tags. Class kit includes one set of stamps, pre-cut paper, and instructions. <i>Pre-paid, pre-registration required on Weekend Registration Form. Fee is \$40.</i> (Connie Aiello)
<p>6:00 - 7:00: Dinner – Traditional Norwegian boiled codfish dinner with boiled red potatoes, polse, cole slaw, peas/carrots, bread, lingonberry bars. <i>Pre-paid, registration required on Weekend Registration Form. Fee is \$20.</i></p>		
<p>7:00 - 9:00: Norwegian Game night and movie; free popcorn; bottled water/snacks available for purchase.</p>		

Saturday, October 4 – Morning

Breakfast on your own.

<p>Community Center, Main Room</p> <p>9:00 – 10:00:</p> <ul style="list-style-type: none"> • "Ørkenen Sur" (The Bitter Desert). Norwegian documentary film about a 1930's Brooklyn shanty town of destitute Norwegian seamen and craftsmen during the Great Depression. (Arthur Andersen - his grandfather Karl Holm was important in helping them and documenting their plight.) <p>10:15 – 10:45:</p> <ul style="list-style-type: none"> • History of Norwegian Rosemaling. (Lynn Sove Maxson) <p>11:00 – 11:45:</p> <ul style="list-style-type: none"> • Reindeer in Illinois. Learn about raising reindeer on a ranch in Illinois; meet and take pictures of a live reindeer. (Randy Espe; Whispering Pines Reindeer Ranch, Shabbona, Illinois) 	<p>Community Center, Back Room</p> <p>10:15 – 11:45:</p> <ul style="list-style-type: none"> • Needle Felting. Make a needle felted Juletrepynter (Christmas tree ornament). Materials are free to registered participants. Starter kits also available for purchase on-site. (Connie Kross, Barb Johnson) • Demonstration: Norwegian Waffles With Lingonberries <p>11:00 – 11:45:</p> <ul style="list-style-type: none"> • Norwegian Rosemaling. Demonstration and Display. Some items available for purchase. (Lynn Sove Maxson) • Nordic Walking, Running, and Cross Country Skiing. Norway's year-round activities. Learn basic skill techniques, equipment, and seasonal clothing. Opportunity to try it yourself. (Coach Tom Sisulak) 	<p>Norsk Museum</p> <p>9:00 – 10:00:</p> <ul style="list-style-type: none"> • "Sluppen" Around Norway, Illinois. An educational, approximately 1 mile, fun walk around the village of Norway, Illinois. Pre-paid, pre-registration on the separate "Sluppen" Registration Form is required by June 30, 2025. Fee is \$15. (Covers bib numbers, medals, and snacks.) <p>9:00 – 11:45:</p> <ul style="list-style-type: none"> • Norsk Museum open. <p>9:00 – 11:45:</p> <ul style="list-style-type: none"> • Hardanger Embroidery. Demonstration and Display (Linda Floyd) • Krumkake Demonstration. (Myrtle Duvick) <p>Norway Methodist Church 2642 N. 3650th Street, Norway (Sheridan), Illinois</p> <p>9:00 – 11:45: Making Sami Bracelets. Pre-paid, pre-registration required on Weekend Registration Form. \$45 Fee covers both morning and afternoon sessions. (Dawn Gunderson)</p>
<p>12:00 - 1:00 Lunch - American lunch: pulled pork, coleslaw, chips, bottled water. Pre-paid, pre-registration required on Weekend Registration Form. Fee is \$15.</p>		

Saturday, October 4 – Afternoon

Norsk Museum - Open 1:15 – 4:00. Donation at the door.

<p>Community Center, Main Room</p> <p>1:15 – 2:45:</p> <ul style="list-style-type: none"> History of the Sloopers and the Fox Valley Settlement. (Dave Johnson, Steve Tanda) <p>3:00 – 3:45:</p> <ul style="list-style-type: none"> Music and True Stories of Norway Illinois. (Rob Borchsenius) <p>4:00 – 4:45:</p> <ul style="list-style-type: none"> Vikings. Discussion of Vikings in historical fiction; a global overview of Viking Age trading, raiding, and settlement; Viking artifacts display and commentary. Book signing opportunity. (David Mullaly) <p>5:00 – 5:45:</p> <ul style="list-style-type: none"> "The Fox Valley Settlement: April 1840" A short original play. 	<p>Community Center, Back Room</p> <p>1:15 – 3:45:</p> <ul style="list-style-type: none"> Norwegian Rosemaling. Demonstration and Display. Some items available for purchase. (Lynn Sove Maxson) Demonstration -Norwegian Waffles With Lingonberries 	<p>Norway United Methodist Church 2642 N. 3650th Street, Norway (Sheridan), Illinois</p> <p>1:15 – 4:00: Continue Making Sami Bracelets. Pre-paid, pre-registration covers both morning and afternoon sessions. (Dawn Gunderson)</p>
<p>6:00 - 7:00: Dinner - chicken/pork chop, coleslaw, bun, baked beans, vegetable, potato, dessert. Pre-paid, pre-registration required on Weekend Registration Form. Fee is \$20.</p>		
<p>7:00 - 9:00: Norwegian Barn Dance with folk dancing and authentic Norwegian music.</p>		

Sunday, October 5

Breakfast on your own.

<p>Stavanger Lutheran Church, 2904 N. 32nd Road, Seneca, Illinois</p> <ul style="list-style-type: none"> 10:30 – 11:30: - Norwegian church service, followed by Norsk Kaffe og Bakverk (coffee and pastries)
<p>Community Center, Main Room</p> <ul style="list-style-type: none"> 12:30 Noon – Annual Meeting of the Sloopers Society of America. Anyone with an interest in Norwegian American history, culture, and delicious food is welcome to attend. 1:00 - Sloopers Luncheon. Includes kumia, ham, meatballs, cabbage casserole, lutefisk and cod, red potatoes, butter, pickled and creamed herring, cheeses, Gomme (Norwegian caramelized, sweet cheese), water, coffee, and kringla. (Pre-paid, pre-registration required on Weekend Registration Form. Fee is \$20. <p>Program: Vesterheim Museum photos of the upcoming 2025 reenactment of the Sloopers ship replica leaving Stavanger Norway in July 2025. (Polar Star and Cleng Peerson lodge members)</p>
<p>Norsk Museum: Open immediately following the Sloopers Program. Donation at the door.</p>

Sons of Norway District 5 Adult Culture Weekend October 3-5, 2025
“Celebrating Norwegian Immigration - The Sloop 200th Anniversary”

Weekend Registration Form

Please complete one form per person. Forms and fees are due by September 1, 2025.

Name: _____

Address: _____

City: _____ State: _____ Zip Code: _____

Lodge Name and Location: _____

Cell Phone: _____ Email: _____

Make check out to: Polar Star Lodge 5-472

Mail with form to: Ken Johnson, Polar Star President, 501 West Ridge Street, Yorkville, IL 60560

Questions: Contact Barb Johnson at barbijohnson@aol.com or 630-632-2329

The Weekend Registration Fee includes coffee and treats at the Norway community center, all on-site speakers, and Sons of Norway lodge expenses for hosting the event. Additional costs are listed below:

Activity	Cost	Amount Enclosed
Weekend Registration Fee	\$50 /person	
Friday Night Torsk (Cod) Dinner	\$20 /person	
Saturday American Pulled Pork Lunch	\$20 /person	
Saturday Night Chicken/Pork Chop Dinner	\$20 /person	
Sunday Sloop Norwegian Luncheon	\$20 /person	
Sami Bracelet Class	\$45 /person	
Stamping Norwegian Christmas Cards	\$40 /person	
Immigration Textile Workshop at Esther's Place. (offsite activity: only available Friday morning 9-11:30)	\$35 /person	
Total Amount:		

NOTE: Saturday Morning Fun Walk:

- Please use the separate "Sluppen" Registration form.
- We must receive the completed Sluppen form and Sluppen \$15 registration fee by June 30th to be eligible for medals.

The following off-site activities have a donation at the door, and are not part of this order form. However, we do need to know if and when you plan to visit so that adequate staffing can be arranged.

Off-Site Activity	Day	Planning to visit? (yes or no)
Friends of the Viking Ship Museum Tour	Thursday, 11 to 12	
	Thursday, 2 to 3	
	Friday 10 to 11	
LaSalle County Genealogy Guild	Thursday, 9 to 4	
	Friday, 10 to 12	

Office Use:

Received on: _____ Amount enclosed: _____ check? cash? Confirmed on: _____

Sons of Norway District 5 Adult Culture Weekend October 2-5, 2025
"Celebrating Norwegian Immigration - The Sloop 200th Anniversary"

**"Sluppen" Around Norway, Illinois
Fun Walk
Saturday, October 4, 2025
9:30 a.m. Start**



This is an easy, approximately one mile, fun walk around the village of Norway, Illinois to learn about the Sloop immigrants and the Fox Valley settlement community.

Registration for "Sluppen" event must be submitted by June 30, 2025 to be eligible for medals.

The \$15 Sluppen registration fee covers bib numbers, medals, and snacks.

"Sluppen" Registration Form

Please complete one form per person.

Note: Sluppen Registration Form and \$15 fee is due by June 30, 2025 to be eligible for medals.

Name: _____

Address: _____

City: _____ State: _____ Zip Code: _____

Lodge Name and Location: _____

Cell Phone: _____ Email: _____

To participate in the Fun Walk, you agree to not hold Sons of Norway or its agents at any fault for any injury you may incur.

Waiver Signature: _____ Date _____

Make check out to: Polar Star Lodge 5-472

Mail with signed form to: Ken Johnson, Polar Star President, 501 West Ridge Street, Yorkville, IL 60560

Questions: Contact Barb Johnson at barbijohnson@aol.com or 630-632-2329