



## SONS OF NORWAY

# Rib Fjell Lodge 496, District 5

Wausau and North Central Wisconsin

Sons, Daughters, and Friends of Norway Newsletter

July 2024

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## July Meeting/Picnic

Our next Lodge meeting will be at **Thursday, July 18, 2024, at George Street Park, Rothschild**. There will be a board meeting starting at 4:00 p.m. and the short lodge meeting and picnic for all members will begin at 5:00 p.m. This is a “bring your own” picnic, so please bring whatever food and beverages that you want, as well as paper plates, plastic silverware, etc. Anyone wishing to bring lawn games such as Kubbe, please feel free. The River Park shelter was not available, so we will be at the George Street Park in Rothschild instead. Take Bus. 51 to Military Rd. (a few blocks south of the paper mill.) There's a Krist gas station on the corner. Take Military Rd. east (away from the river). Continue on Military Rd. past the sledding hill (on your left) and turn left on George Street.

## Book Club

We will read another of Sigrid Undset's novels set in the Middle Ages, The Axe: The Master of Hestviken. It is said to be soaringly romantic and psychologically nuanced, being a meticulous re-creation of a world split between pagan codes of retribution and the rigors of Christian piety. It is the first book in a series, so after reading it, we will decide whether we want to continue with the series. The third book in Lars Mytting's series won't be ready for several months yet. A date in September has yet to be set for our discussion.

## Community Cultures Fest

The Wausau Community Cultures Fest was held on June 8. It was a great success. We would like to thank Al and Vonnie Solomonson and Mary Henkelman for spending hours buttering all the lefse the night before.

## July Birthdays

3<sup>rd</sup> – Brent Brye  
6<sup>th</sup> – Conrad Joseph  
13<sup>th</sup> – Karen Briggs  
13<sup>th</sup> – Elizabeth Welles  
21<sup>st</sup> – Mark Johnson  
24<sup>th</sup> – Gary Klostad  
25<sup>th</sup> – Joann Hendrickson  
25<sup>th</sup> – Linda Brekke-Oestreich

## 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](mailto:krisp3@msn.com)), by the 25<sup>th</sup> of the previous month.

## From the Sons of Norway News Service

### Arctic Shock

In March of this year, the US Army and the Norwegian Army took part in a combined exercise known as Exercise Arctic Shock. Soldiers from the 11th Airborne Division of the US Army in Alaska were flown to Norway over the North Pole on short notice to demonstrate their rapid response practices. Once they were over the Arctic, they parachuted down over Norway's Lake Takvanet.

The goal of the exercise was to provide cold-weather training, field training, and enhance strategic cooperation between the U.S. Army and the Norwegian Army. Arctic Shock included 100 soldiers from the Norwegian armed forces and around 130 U.S. soldiers. It is part of NATO's efforts to encourage preparedness for potential threats over the high North. This exercise adds to the series of operations that has taken place in the Arctic in previous weeks.



### American Culture in Lista

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's 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 temporarily for work and returned to Norway eventually. 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 in the last weekend of June, *The American Festival* is held in nearby Vanse. Meeting in "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, Vanse 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, you can make a pit stop for a taste and feel of America in Lista.

### Are You Covered?

Life moves fast. Now is the time to review your life insurance plan to ensure you and your loved ones are covered. Reach out to your Sons of Norway Insurance Professional today or visit [www.sofn.com](http://www.sofn.com)



## Norwegians in Canada

Norwegians have a history of migration to Canada spanning more than a thousand years. The Norse were the first Europeans to land in North America via Iceland, establishing a settlement called Vinland at L'Anse aux Meadows on the coast of Newfoundland around 1000 A.D.



The largest wave of Norwegian immigrants to Canada occurred much later, though. It was between 1850 and 1915 that nearly 681,000 Norwegians landed in both the eastern and western coastal provinces. Their reasons for leaving home included a lack of employment, little available land and political inequality, making Canada an attractive choice.

Settlements sprang up on the prairies and in Western Canada, including towns with names like New Norway, Hagen, Erickson, Norland, Skandia, Bakken, Oslo, and Viking. Settlers established churches, newspapers and communities based on ethnicity, and Norwegians who migrated north from the U.S. brought Norwegian-American organizations with them, such as Sons of Norway.

Until 1900, Canada tried recruiting Scandinavians to occupy “free and fertile homestead lands” in the Canadian Northwest, but these efforts proved fruitless. However, when word spread that land was getting scarce on the American frontier, Canadian fever took over. Norwegians streamed into the country between 1900 and 1915—over 18,000 from Norway and thousands of Norwegian-Americans. 21,500 Norwegians arrived between 1915 and 1929.

Statistics Canada reports that over 452,000 Canadians claim Norwegian ancestry. Nearly one-third of Norwegian-Canadians live in British Columbia and they are one of the largest European ethnic groups in the country.

### Skoleboller (School Buns)

School's out! Skoleboller are popular sweet cardamom buns filled with a bit of vanilla custard in the center and topped with icing and shredded coconut.

Servings: 12 buns

### Ingredients

#### Skoleboller dough:

1.5 cups milk  
4 tsp. instant yeast (or 50 g fresh yeast)  
0.5 cup granulated sugar  
2 tsp. ground cardamom  
1 tsp. baking powder  
1 tsp. vanilla sugar (or vanilla extract)  
5 cups flour  
7 Tbsp. butter (softened)

#### Vanilla custard:

2 cups milk  
0.5 cup granulated sugar  
3 egg yolks  
1 egg  
2.5 tbsp flour  
1.5 tbsp corn starch  
1 vanilla bean

#### Decoration:

1 egg (whisked for egg wash)



1 3/4 cups powdered sugar  
2-3 Tbsp. water  
1 cup shredded coconut

## **Instructions**

### **For the dough:**

Heat the milk until it's lukewarm. Add the yeast and dissolve.

Add the sugar, cardamom, baking powder, vanilla, and about 2/3 of the flour.

Mix the dough together either by hand or in a mixer with a dough hook, slowly adding the rest of the flour. You might need a bit more or less flour to form dough that isn't too sticky to knead. When the dough forms a nice ball, add the softened butter and continue to knead the dough for about ten minutes.

Cover and let rise until doubled in size (about one hour).

### **Vanilla custard:**

Heat the milk and half of the sugar in a saucepan. Split open the vanilla bean with a knife and carefully scrape out the seeds and add them to the milk.

Mix together the rest of the sugar and the flour and corn starch in a bowl. Add the egg yolks and egg and whisk together until smooth.

Once the milk mixture starts to bubble, pour about half of it into the bowl with the egg mixture, whisking quickly the entire time. Then return the saucepan to the heat and pour the egg and milk mixture from the bowl back into the saucepan, whisking the whole time. Let the custard cook for 2 minutes, whisking the entire time. By the end it should be quite thick and harder to whisk.

After 2 minutes, remove the custard from the heat and pour into a clean bowl. Cover with plastic wrap, placing it directly touching the top of the custard. Let the custard cool while the skolebolle dough finishes rising.

### **Assembly**

After the dough has risen, turn it out onto your counter and roll into a long cylinder. Cut it into about 12 even slices. Roll each slice into a round ball and place them all on baking sheets lined with baking paper. Make sure to leave plenty of space between the buns, as they'll grow in the oven.

Flatten each ball a bit and then use a spoon and/or your fingers to press down a good well in each bun. Be sure to press the dough all the way down and make a bigger well than you'll actually need, as the dough will puff back up a bit in the oven.

Use a piping bag or spoons to place vanilla custard in the well of each bun (about 1 – 2 Tbsp. of custard). Cover with plastic wrap and let rise again for 30 minutes.

Preheat oven to 410°F (210°C) top/bottom heat. Whisk egg (you can add a splash of milk if you like) and gently brush each bun with egg wash. Bake for about 10–14 minutes in the middle of the oven, until golden brown.

### **Decoration**

Slowly add water to powdered sugar and stir until you get a thick icing. Pour shredded coconut out onto a shallow bowl or plate.

Once the buns are cooled, spread the icing over the top of the skoleboller, around the custard center. Then dip the bun in the coconut, pressing flat to coat the entire top.

### **Source:**

<https://scandinaviancookbook.com/skoleboller-skolebrod-norwegian-school-bread-buns/>