



SONS OF NORWAY

Rib Fjell Lodge 496, District 5

Wausau and North Central Wisconsin

Sons, Daughters, and Friends of Norway Newsletter

June 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 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 Kubb, please feel free. George Street Park is located on the corner of George Street and Military Road in Rothschild.

Book Club

No meeting scheduled for the summer

Community Cultures Fest

The Wausau Community Cultures Fest is back! **Saturday, June 8th from 10:00 a.m.- 4:00 p.m.** inside the Exhibition Hall at Marathon Park. We will be doing a similar setup as last year, including giving away samples of lefse.

If you are interested in helping set up, manning the booth, or providing materials, contact Kira at 715-571-7719 or kiraewi@gmail.com. We will also have planning meetings on May 6th, May 20th, and June 3rd from 6:15-7:00 p.m. at the Wausau Library. Room to be determined.

<https://www.visitwausau.com/community-cultures-fest/>

June Birthdays

5th – Kira James
7th – Mandy Roberts
16th – Hazel Tanger
20th – Orval Quamme

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.

From the Sons of Norway News Service

Viking Marketplace Unearthed

Another exciting Viking discovery has been made in Norway. On a small island in Rogaland county, known as Klosterøy, archaeologists from the University of Stavanger believe they have found traces of a Viking marketplace. The marketplace location coincides with the location of the Utstein monastery, one of the best-preserved medieval monasteries.

The discovery was made using ground penetrating radar and includes man-made pit houses, cooking pits, and boathouse foundations. Pit houses were structures that were covered with an angled roof and had a floor below ground level. This helped to keep the houses warm in the winter and cool in the summer. They believe the area was inhabited by Nordic farmers, merchants, craftspeople, warriors, and seafarers in the ninth century. This theory is supported by the fact that Norway's first king, Harold Fairhair, built a royal farm on Klosterøy around that time. It wasn't until the 13th century that the monastery was established. Researchers will conduct additional analysis of the marketplace to confirm their findings.



A large reconstructed chieftain's longhouse at Lofotr Viking Museum

Next Superman Film Shot on Svalbard

As the cinema award season wraps up, movie buffs can anticipate upcoming film releases. For those that love the superhero genre, the newest iteration of Superman is planning to come out in July 2025. The film, directed by James Gunn, will feature scenes that have been filmed in Svalbard, Norway. The location was chosen to feature the Fortress of Solitude, a base for Superman featured in other films. For this version of it, film crews chose Adventdalen (Advent Valley), on the island of Spitsbergen. The valley, which runs for a length of nearly 19 miles, was chosen for its natural Arctic beauty and varied landscape that set it apart from other scouted locations.

The director said that locals were curious about the filming that took place from 8 am to 4 pm most days and was fine with having onlookers. Perhaps situations like this will become more commonplace as Norway continues to incentivize filming throughout the country. These incentives include up to 25% return on costs spent in Norway and are supported in cooperation with Arts & Culture Norway, Norwegian Film Institute, and Oslo Filmfond.



Sources:

[First Superman Scenes Have Been Filmed in Norway, James Gunn Says \(collider.com\)](https://collider.com/first-superman-scenes-have-been-filmed-in-norway-james-gunn-says/)

[James Gunn Starts Filming 'Superman' In Norway & Teases Scene With Hero Fleeing To The Fortress Of Solitude \(deadline.com\)](#)

[James Gunn finds "solitude" for Superman in Norway | ABC Audio Digital Syndication](#)

[Incentives & funding - Oslo Film Commission](#)

Membership Benefit – Life Insurance



Have you ever typed "affordable life insurance" into your browser, only to find yourself drowning in information overload? The sheer volume seems insurmountable and overwhelming.

As a Sons of Norway member, you don't have to navigate this maze alone. Membership comes with the invaluable benefit of access to a dedicated Insurance Professional. They can help you decipher the complexities of financial options and find a solution tailored to your needs and those of your family.

Don't waste precious time sifting through endless search results on Google. Instead, take advantage of this membership perk and call us to get in touch with a professional in your area. Find an agent near you at www.sofn.com in the Financial Products section.

A Bright Midsummer's Eve

The height of summer, June 24, marks the longest, brightest day of the year for the Land of the Midnight Sun, Norway. After long dark winters, this time is a joyous celebration of a much-awaited summer.

Different versions of this day are celebrated throughout the Northern Hemisphere with rituals dating back to Pagan times. Norway celebrates *Sankthansaften*, St. John's Eve, each June 23, the eve before the longest day of the year. It is also called *Jonsok*, which translates to John's wake, referring to St. John the Baptist's birth.

Celebrations have and will continue to evolve over time. In Norway, festivities typically occur on June 23 and give thanks to the bright sun and the sweet-smelling flowers in bloom. Family and friends grill sausages and light bonfires bigger than on any other day of the year. Bonfires are historically assumed to protect from evil spirits and trolls lurking in the forests. *Rommegrøt* is a favorite meal on this day steeped with melted butter, sugar and cinnamon.

Once the bonfires die down and the sun begins to set, people understand that the cycle must go round. Norwegians live with polar opposite seasons every year and, therefore take full advantage of every summer, enjoying the extended company of the sun on *Sankthansaften*.



Over-natten-grøt / Overnight Porridge

While you are sleeping, breakfast is being made in the fridge. Oatmeal, milk and yogurt can be topped with fruit or seeds to suit your taste.

Makes 1 serving

Ingredients:

2/3 cup oatmeal (1,5 dl)

3/4 cup + 1.5 Tbsp milk (2 dl)

1/4 cup plain Greek yogurt, vanilla Greek yogurt or lowfat cottage cheese (0,5 dl)

1 Tbsp. chia seeds, flax seed, sunflower seeds or other seed mix (optional)

1 pinch salt

How to make:

Mix all the ingredients together and put into a glass or small bowl. Feel free to use a small mason jar. Cover the jar or bowl and leave the mixture in the fridge overnight or for at least six hours. Stir well before serving.

Variations:

- Chopped fruit or mashed berries can be stirred in along with the other ingredients.
- Mix cocoa powder or chopped dark chocolate into the porridge.
- Sweeten porridge with liquid honey, brown sugar or another sweetener.
- Oatmeal can be replaced with a mixture of lightly cooked barley and oatmeal (golden barley).
- Sprinkle in spices such as vanilla, cinnamon, ground ginger and cardamom.
- Milk can be substituted with almond, soy or coconut milk.
- Add fresh berries, fresh fruit and roasted nuts or similar right before serving so that it stays crunchy and looks tempting.



Source: <https://www.nrk.no/mat/over-natten-grot-1.13189408>