



SONS OF NORWAY

Rib Fjell Lodge 496, District 5

Wausau and North Central Wisconsin

Sons, Daughters, and Friends of Norway Newsletter

March 2024

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April Meeting

Our next Lodge meeting will be at **10:00 AM, Saturday, April 20, 2024, at the Marathon County Public Library, downtown Wausau.** We will have a refugee guest speaker at the meeting. As of now, we are unsure who the refugee will be or what country they he/she is from. If you have questions that you would like to ask our guest speaker, please email them to Mary Henkelman at mehenkelman@frontier.com. There will be more details in our April newsletter.

Book Club

Our next Book Club meeting will be at **9:30 AM, Thursday, March 28, 2024** in the **2510 Deli** area. We will discuss the book *A Frog in the Fjord: One Year in Norway* by Lorelou Desjardins.

Described by Forbes Magazine as one of the five most revealing books about Scandinavia, "A Frog in the Fjord - One Year in Norway" is the ultimate guide to understanding Norway, its people and its language as well as Scandinavian culture in general.

District 5 Convention

RACING TO THE FUTURE

Indianapolis Crowne Plaza Airport Hotel
2501 S High School Rd, Indianapolis, Indiana 46241

June 19-22, 2024

Rib Fjell Lodge is looking for one or two delegates that would like to attend the convention to represent our lodge.

Plan your vacation so you can enjoy the many attractions in the Indianapolis area before and after the convention. You asked for classes and activities that delegates could enjoy, so classes and speakers will begin on Wednesday, June 19, and continue through Saturday morning, June 22.

Delegates who are not on a committee can take part in a class or enjoy speakers on Wednesday and Thursday. Everyone will be able to enjoy the evening programs on Wednesday, Thursday, and Friday besides the banquet on Saturday evening. Those who are not delegates can attend all three-and-one-half days of their class of choice or learn from the presentations offered during that time or take a local trip. For more information go to: <https://sonsofnorway5.com/conventions/>

Upcoming Meetings

Thursday, May 16, 5:30 p.m., Immanuel Lutheran Church, Potluck Dinner.

March Birthdays

1st – Jean Joseph
4th – Kari Solomonson
13th – Shirlee Shaw
21st – Vang Chang
27th – Kathy Serley

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 Gudbrandsdalslaget BREV Winter 2024

Vikings had glass windows:

This past October, the Associated Press reported from Copenhagen, Denmark, that Vikings had glass windows!

Medieval churches and castles weren't the only placements of windows, and this find is yet another indication that Vikings weren't the barbaric warriors depicted in popular mythology.

Glass fragments have been found in several excavations in southern Sweden, Denmark, and northern Germany, with the earliest dated to between 800 and 1100 A.D.

This doesn't mean the window panes were large and transparent; they were not meant to look out, but to let light in. The find indicates elite royal power and cultivation that are not always associated with Vikings.

Now That's Cold

Headline: Electric bus fleet froze in cold weather.

Thousands of bus departures were cancelled the week of January 7, 2024, in Oslo, as the city's fleet of electric buses had trouble with electric batteries running down much faster when the temperature sank well below zero, and they have to be recharged much more often. The cold weather also continued to create problems for train service along key routes.

(Source: *NewsinEnglish.no* online)

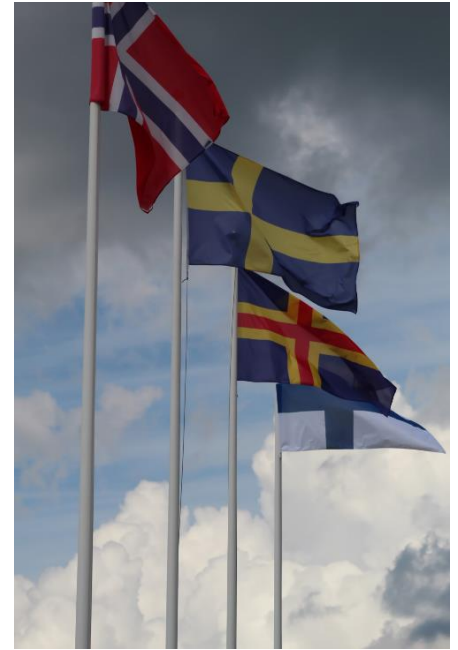
From the Sons of Norway News Service

Scandinavian vs. Nordic

What's the difference between "Scandinavian" and "Nordic?" Good question! For those outside of the region, the terms often get used interchangeably. However, if you look a little closer, you will discover that they are not one and the same.

- Geographically, Scandinavia refers to the peninsula that Norway, Sweden, and a small northern part of Finland sit on
- The most common use of the term Scandinavia refers to the three countries of Sweden, Norway, and Denmark which share geography, language, and history

- In general, speakers of Swedish, Norwegian, and Danish can understand each other well enough to communicate, because of the three languages' similarities
- Sámi people who live in Norway and Sweden may not identify as Scandinavian because of the complicated history of assimilation policies the countries had
- The term Nordic refers to five countries: Norway, Sweden, Denmark, Finland, and Iceland - and the autonomous regions those countries have jurisdiction over - the Faroe Islands, Greenland, and the Åland Islands
- Nordic countries are linked by cultural, historical, financial, and political influence on each other
- Nordic countries have a strong tradition of intergovernmental cooperation, with the foundation of the Nordic Council in 1952 that allowed citizens easy travel between the countries
- You won't hear people refer to themselves as "Nordic" because it's often seen as an added layer of their Norwegian, Swedish, Danish, Icelandic, or Finnish identity



Brain Discovery

Neuroscientists and Nobel Prize Winners May-Britt Moser and Edvard Moser, have made yet another exciting discovery about the human brain. Along with their team of researchers at the Norwegian University of Science and Technology (NTNU), they studied lattice cells in mice and have found an interesting phenomenon. The cells follow a pattern that repeat over and over again. The neuroscientists' main focus was on the medial entorhinal cortex, which is the part of the brain that supports episodic memory. They set up an experimental environment for the mice to study neuron activity over a given period of time. The results excited them. Edvard Moser stated, "I believe we have found one of the brain's prototypes for building sequences." The hope is that this discovery will give them a look into how the brain places memories and experiences in time order. Interpreting the findings could help them understand Alzheimer's disease, as well as inspire further research into brain functions.



Ancient Rock Paintings Discovered in Norway

Out for a hike with his family on the outskirts of Oslo, in the municipality of Moss, Tormod Fjeld unexpectedly discovered history. The family had stopped for a snack break when something caught his attention. While many others likely would not have noticed, Tormod had a well-trained eye, since he likes to look for rock carvings in his free time. While not a carving, he noticed colors on a boulder near to where they were resting. He used an app on his phone to analyze the picture he took of the rock. It was immediately clear that there was something special about this rock and so he reached out to a friend that works in archeology. Experts from the Norwegian Institute for Cultural Heritage Research (NIKU) were soon called in and it was



determined that this faint pattern on rock was in fact something that likely dates to the Bronze Age (3300 to 1200 BC). It depicts a boat with oarsmen and human and animal figures.

This is a significant discovery for many reasons. It's remarkable that they survived all this time, although a rock protrusion protected them from the brunt of the elements. Also, given the faintness of the images, the majority of people hiking in the area would likely not have given it a second glance. It's a fortunate happenstance that Fjeld was there with eagle eyes to spot this stunning discovery. This adds to an already impressive list of finds that he and two friends have made over the years and will hopefully continue making for years to come.

Sources:

[Norwegian Family Discovers Bronze Age Rock Paintings on a Hike \(mymodernmet.com\)](http://mymodernmet.com)

[Eagle-Eyed Hiker Spots Bronze Age Rock Paintings in Norway | Smart News | Smithsonian Magazine](#)

Spontaneous thinking fulfills eight functions

Eifring has collected research on the topic in several fields, and found that spontaneous thoughts can fulfill at least eight different functions:

- they act as comforting thoughts
- process bad feelings
- promote creativity
- help change your perspective if you are stuck
- process and interpret memories from the past
- contribute to increased self-understanding
- stimulate empathy
- prepare you for potential new challenges in the future

Suksessterter med Sjokolade og Appelsin (Success Cake with Chocolate and Orange)

Source: [Living a Nordic Life](#)

Serves 12

Ingredients

For the base:

4 egg whites
150 g / 5.3 oz. icing sugar or powdered sugar
150 g / 5.3 oz. chopped almonds, but not ground.
Leave the skins on because it gives the tart its characteristic color and texture
1/2 tsp. baking powder
90 g / 3 oz. chopped chocolate or chocolate chips

For the topping:

100 ml / 3.5 fl. oz. double or heavy cream
125 g / 4 oz. sugar
4 egg yolks
150 g / 5.3 oz. butter, at room temperature
Grated rind of 1 orange



To decorate:

A little melted chocolate

Thin strips of orange peel

Or go crazy with some chocolate mini eggs, sprinkles or whatever takes your fancy!

Method:

Preheat the oven to 160°C / 320°F.

Line the bottom of a 25 cm (about 10 inch) diameter springform cake pan with a circle of baking or greaseproof paper. There is no need to grease the tin.

Whisk the egg whites until they form stiff peaks. Sift the icing sugar and baking powder together and stir in the almonds and chocolate. Carefully fold this into the whipped egg white, taking care not to knock out too much air. Pour into the prepared cake tin and smooth the top. Bake in the center of the preheated oven for about 30 minutes. When it's cooked it'll be a nice rich golden brown and rebound slightly to a light touch. Remove from the oven and let cool completely before even attempting to remove springform. Once cooled, run a blunt knife around the inside of the tin to loosen the cake. Place a plate on the top and tip the pan upside down. Lift the tin off and carefully peel off the baking paper. Place a serving plate on top of the cake and tip it back so it is the right way up. Wash the ring part of the cake and slip it back over the cake to form a ring. Don't worry if you don't have a springform pan, simply make a ring shape from some foil and shape it around your cake to form a "wall."

To prepare the topping, put the cream, sugar and egg yolks into a pan and cook slowly over a low to medium heat stirring constantly. The mixture will gradually thicken and turn less opaque. You really do need to stir all the time or it will split. Try not to boil the mixture. It will take about 5 minutes. Stir in the grated orange rind. Allow it cool for a minute or two before stirring in the butter a cube at a time. You will end up with a smooth, rich and shiny topping that is a beautiful golden color. Pour the topping over the cake and gently tease it to the edges. Put it in the fridge to cool and set for a couple of hours. When it's set, you can carefully remove the tin or foil from around it. Decorate with melted chocolate and orange peel or however you like!