



## SONS OF NORWAY

# Rib Fjell Lodge 496, District 5

Wausau and North Central Wisconsin

Sons, Daughters, and Friends of Norway Newsletter

March 2025

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## March Meeting

Our next Lodge meeting will be at **10:00 AM, Saturday, March 15, 2025, at the Marathon County Public Library, downtown Wausau.** We will have a demonstration of Rosemaling by Sharon Christensen from Ettrick. If you would like to visit her website, just click here: <https://www.sharonchristensenart.com/wholesale-order-forms/>

## President's Message

Gråskjeggs Vandringer: LANGRENN (Cross Country Skiing)

To go skiing, å gå på ski (o go po she) After the welcome (Welcome for many of us!) accumulation of snow during the first week of February, there was finally enough in the woods of Nine Mile County Forest to groom and open the ski trails on February 5th. However, as I write this the snow is melting fast. It's a shame to lose the snow for which winter sports enthusiasts waited so long, as well as the businesses that rely on them. In addition to cross country skiing, Nine Mile also has trails for snowshoeing and for winter riders of fat-bikes.

Cross-country skiing has a long history in Norway. The Norwegian military popularized the sport, and it's used for both recreation and transportation. There is some debate about the origins of cross-country skiing. Archaeological findings suggest the earliest equipment and records date back to 600 BC in China. However, many believe the Sami people of Norway, Sweden, Finland, and Russia were likely using skis for 6,000 years or more. Early skis have been found in many areas of northern Europe: a 4,000-year-old rock carving depicting skis was found near the Arctic Circle in Norway, and hundreds of ski fragments that are 1,000 to 3,500 years old have been found in bogs in Sweden, Norway, and Finland.

Early skiers used one long pole or spear in addition to the skis. The first depiction of a skier with two ski poles dates to 1741. Traditional skis, used for snow travel in Norway and elsewhere into the 1800s, often consisted of one short ski with a natural fur traction surface, the andor, and one long ski for gliding, the langski, allowing skiers to propel themselves with a scooter motion. This combination has a long history among the Sami people.

A point of interest for travelers to Oslo is the Holmenkollen Ski Jump and Ski Museum. The Museum displays a vast array of ski equipment, showing its evolution through the ages, as well as the different versions of skiing: cross country, alpine (downhill), Telemark-style, and ski jumping.

Fra presidenten, Brent  
mars 2025

## 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.

## March Birthdays

1<sup>st</sup> – Jean Joseph  
4<sup>th</sup> – Kari Solomonson  
13<sup>th</sup> – Shirlee Shaw

## Upcoming Meetings

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

## From the Sons of Norway News Service

### How Oslo Got Its Name



The capital of Norway—Oslo—is one of the easier names to pronounce in the list of Norwegian cities. However, Oslo hasn't always been its name. In fact, it has taken on a few different names throughout history. Originally, the name was *Ánslo* or *Áslo* around the year 1040. It is believed that the second part of the name, 'lo', meant "meadow" and the first part of the word, 'Ás' meant "hill" or "ridge", which makes the entire name translate to "meadow beneath the ridge." In 1314, when the city officially became the capital, the spelling transitioned to what we know today: Oslo (pronounced "ooh-shloo") However, when the city burned down in 1624 and plans were discussed to rebuild, King Christian VI of Denmark and Norway decided the new city would take his name and become Christiania. With the

language reform movement that followed in the next few centuries, the city was then spelled with a K, becoming Kristiania. Finally, around 1924, the city went back to its roots and was officially renamed Oslo, which stemmed from some of the eastern parts of the city being referred to as "Oslo" in maps at the time.

## Northern Lights Museum Display

The Northern Lights have long been an awe-inspiring sight to the eyes. You are considered lucky, if you've had the chance to see them in person. Fortunately, those of us who haven't been so lucky can still enjoy the phenomenon through photos. However, the journey to capturing the aurora borealis hasn't been an easy one.

Some of the first attempts to capture the Northern Lights were just sketches by scientist and Danish-born teacher, Peter Tromholt, as photographic plates weren't sensitive enough to capture them. These images were on display at the Polar Museum at the Scott Polar Research Institute in Cambridge, England this February.



In 1882, Tromholt spent a year in Kautokeino, Norway, where he lived amongst Sámi people and completed his sketches. He became known to some as the “star man.” Tromholt is considered a pioneer in this subject and is praised for his research contributions.

## Norwegian Ceramics Honored in Brussels

A January art and design event Ceramic Brussels in Belgium recently showcased the work of Norwegian ceramic artists. The multi-day event is the first international modern art fair to focus on ceramics, and included over 60 galleries, museums and ceramic artists.

Oslo nonprofit Norwegian Crafts was on-site to promote contemporary Norwegian ceramic works and innovation brought to the world by Norwegian artists. In tandem with Ceramic Brussels, they curated five Norwegian galleries to highlight: RAM Galleri, QB Gallery, KIOSKEN, Format, and SKOG Art Space.

This year's expo was the first to focus on a single country, offering a look at the Norwegian ceramic scene in a cultural dialog with artists from other countries. Rounding out the exhibition were collections out of art and design galleries from Belgium, Denmark and the US. Norwegian Crafts' presence at Ceramic Brussels portrays a vibrant spectrum of modern and traditional ceramics through “works of prominent and emerging Norwegian artists,” as mentioned by the organizers.

### Source:

<https://www.stirpad.com/news/stir-news/norwegian-crafts-honours-nordic-ceramic-artistry-at-ceramic-brussels->

ceramic  
brussels

## Norwegian Potato Stew (Lapskaus)

Serves 6

15 minutes prep time

30 minutes cook time

### Ingredients:

2 turnips, peeled and chopped

3 lbs. russet potatoes, peeled and chopped

2 carrots, peeled and chopped

1 stalk celery, chopped

1 onion, diced

8 oz. ham steak, cubed

2 Tbsp. salted butter

1 quart chicken broth

2 bay leaves

1 Tbsp. fresh parsley, minced

Kosher salt and freshly cracked black pepper, to taste



### Directions:

1. Using a large Dutch oven or heavy-bottomed pot, add all ingredients to the pot and bring the stew up to a simmer. Let cook for 20-25 minutes or until the vegetables are soft.
2. Season the stew with salt and lots of cracked black pepper. Using an immersion blender or hand masher, lightly blend some of the stew to create a thicker viscosity. Garnish with parsley.
3. Enjoy!

Source: <https://12tomatoes.com/norwegian-potato-stew/>