



SONS OF NORWAY

Rib Fjell Lodge 496, District 5

Wausau and North Central Wisconsin

Sons, Daughters, and Friends of Norway Newsletter

May 2024

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Syttende Mai Meeting

Our next Lodge meeting will be at **Thursday, May 16, 2024, 5:30 p.m. at Immanuel Lutheran Church, 630 Adams St., Wausau.** This will be our annual Syttende Mai potluck dinner for the lodge members. Please bring a dish to pass and your own beverage. Plates and silverware will be provided. Parking is in the lot at 7th and Hamilton Streets behind the church. Enter the door that faces the parking lot.

Book Club

Next Book Club meeting: **Thursday, May 23, 2024 at 9:30 AM** at the 2510 Deli area. We will discuss "The Palace of the Snow Queen: Winter Travels in Lapland" by Barbara Sjöholm.

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/>

Upcoming Events

Portage County Cultural Festival, May 11, 10:00 a.m. – 5:00 p.m. at Stevens Point Area Senior High School (SPASH), 1201 Northpoint Dr., Stevens Point. Admission is free. See www.portagecountyculturalfestival.org

Stoughton Syttende Mai Festival, May 17-19th in Stoughton, WI. See www.stoughtonfestivals.com for more details.

Community Cultures Fest, June 8th, 10:00 a.m. – 4:00 p.m. at Marathon Park, Wausau. See www.visitwausau.com/community-cultures-fest/

May Birthdays

1st – Vonnie Solomonson
24th – Pat Roberts
29th – Kristine Edahl

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

Sewing Start-up Makes Folk Costumes Accessible and Green

Norwegian bunads are famously a major investment that can run from \$3,000-\$5,000, depending on the region and what extent of silver jewelry is involved.

Thanks to a sewing start-up called Fæbrik, showing your fashion sense and cultural pride just got a lot more accessible.

According to flok.com, the group was born out of necessity—four friends, Jenny Skavlan, Ingrid Bergtun, Mari Norden, and Ingrid Vik Lysne needed a studio space, and once they were in the same room, the ideas started to flow.

The foursome got to work making accessible patterns to help people sew their own festdrakt (or unofficial folk costume) out of recycled fabrics. The beauty of the fæstdrakt is that it is based on re-use, and there are no rules, unlike the stricter requirements of an official bunad. Do you prefer to wear fuchsia? Tassels and pompoms? Your fæstdrakt can be made in any hue, pattern or texture to suit your personal style and shape.



Fæbrik (a wordplay on the English “fabric” and the Norwegian word for “factory”) also makes downloadable patterns, step-by-step videos and offer user-friendly tailoring tips so that each person can create their ideal fit.

Just like that, a pair of lace curtains gain new life as an apron, and a hand-stitched pillowcase is reimaged as a vest. The group has hosted fæstdrakt parades in Oslo’s Frogner Park- see the photos in Aftenposten in the pattern for the myriad ways to express one’s creativity in this modern take on a folk costume. Find examples of patterns here:

<https://faebrik.no/products/faestdrakt>

Delayed Russ Partying Proposed



In Norway, high-school students have a unique tradition in the weeks leading up to graduation. The tradition is known as russefeiring and it is essentially a month-long party with costumes, cultural events, pranks, and music. Following the celebration, students sit for their exams. It is said to be rite of passage for Norwegian youth.

Typically, the celebration leads up to May 17th and ends with participation in the Syttende Mai parade. However, there have been recent talks by the Norwegian Board of Education in Oslo to move the russ celebration. City Councilor Julie Remen Midtgarden, would like the celebration to be moved after exams and also wants to ban russ party buses in some places.

Youth proponents of russ would rather see exams move earlier instead of moving russ, so as not to conflict with summer holidays and students getting ready for the next step of their education. No changes have been made yet; it will likely take a year or more. However, there are steps being taken to elect a russ government that can be a voice in the negotiations.

Gratulerer med dagen! Happy Syttende Mai!

Hipp hipp hurra!



New Krone Design Revealed

Norway's 20-krone coin has gotten a new look! To commemorate the 750 years since King Magnus VI proclaimed the third nationwide legal code in 1274, a call went out for design submissions.

The winner of that competition was Michael Guilfoyle, an already established coin designer who runs his own coin and metal trade business in Wales. The 60-year-old Welshman was tipped off by a Norwegian friend about the contest and made his submission despite some stiff competition from Norwegian competitors.

Guilfoyle's design for the krone ultimately won out because of the way it linked the Middle Ages to the present and symbolizes the "legislation's significance for the country." The coin features an image of King Magnus on horseback, carrying the scales of justice and a shield, to represent the Law of the Land, or landsloven.

The new coin was revealed at the museum of Cultural History in Oslo, with Michael and his wife in attendance. It went into circulation February 1 of this year.



Kvikk Lunsj with Apples and Mascarpone Cream

Why not add another excuse to the list to eat a delicious Kvikk Lunsj?

by Tina Nordström

Kvikklunsj is just about as Norwegian as you can get, and very popular after skiing trips and hikes in the mountains.

There are many national versions of Kvikk Lunsj all over the world. Not exactly the same, but the American version is called KitKat.

Serves 4

INGREDIENTS:

- 3 apples, peeled and coarsely chopped
- 2 lemons
- 4 Tbsp. powdered sugar
- 1 tsp. ground cardamom
- 3/4 cup or 2 dl mascarpone
- 4 KitKats (4 Kvikk Lunsj), coarsely chopped

PREPARATION:

- Put the apples in a saucepan with 2 Tbsp. powdered sugar, cardamom and the juice from the two lemons. Bring to the boil with the lid on and allow it to simmer for 2-3 minutes. Mash the compote using a whisk and cool.
- Whisk the mascarpone and 2 Tbsp. powdered sugar together.
- Serve the apple compote and mascarpone cream topped with the coarsely chopped KitKat (Kvikk Lunsj).

Recipe source: <https://www.newscancook.com/dessert/qz5vde1bu0zfp7s3x82ds5kcwd0bhc>

