



SONS OF NORWAY

Rib Fjell Lodge 496, District 5

Wausau and North Central Wisconsin

Sons, Daughters, and Friends of Norway Newsletter

November 2024

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Torsk Dinner

The Torsk Dinner was a success again this year! We ended up with 80 in attendance, 10 more than last year. I big thanks goes out to Mary Henkelman for finding our entertainment for the evening, Karen Briggs for procuring the lefse, Bill Schruba for MC'ing, everyone who brought desserts, and all those who brought decorations. You each played a part in making this a special evening!

There was leftover food from the Torsk dinner which I will attempt to reheat and bring to the potluck dinner in December. More on that later!

Book Club

Next meeting: 9:30 AM, Thursday, November 14, 2024 at the 2510 Deli. Our book will be "The Snake Pit: The Master of Hestviken" by Sigrid Undset, volume 2 in the tetralogy.

November Birthdays

23rd – Pete Johnson

Upcoming Meetings

Thursday, December 19, 5:30 p.m. Potluck Dinner at Immanuel Lutheran Church

Saturday, January 18, 9:00 a.m., 2510 Deli breakfast

Saturday, February 15, 10:00 a.m., Marathon County Public Library in Wausau

Saturday, March 15, 10:00 a.m., Marathon County Public Library in Wausau

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), by the 25th of the previous month.

From the Sons of Norway News Service

Health Benefits of Gratitude



According to Norsk Helseinformatikk, Norway’s largest resource of health information, gratitude can help you live longer. A study published in JAMA Psychiatry in July 2024 looked at whether feeling grateful affects longevity.

49,000 women were surveyed, and the study revealed that gratitude may have had a protective effect on them, especially in bolstering heart health.

Expressing gratitude also increases short-term happiness and lowers stress. While gratitude is thought to help with emotional challenges and social well-being, one of the clear findings was that grateful people seem to get better quality sleep.

Another study split subjects into two groups and found that the people who were instructed to express their gratitude felt 25 percent happier and more optimistic than before the study had started.

What are some ways to promote gratitude? Here are a few ideas:

- Write down or talk about what you are grateful for, once or twice a week
- Practice gratitude by setting aside a few minutes every day to think over what makes you grateful
- Tell someone how you appreciate them or their work

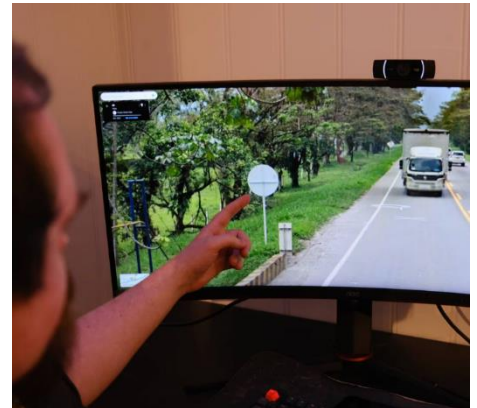
Concentrate on the good things that happen and see if your well-being increases

World’s Best at Geoguessr

There is an online game that has grown in popularity in recent years. The concept of the game is simple, but the execution is quite difficult for most. The game is called Geoguessr and the objection is to guess the location from a Google Street View image you are given. Keep in mind that the images can be from all over the world and often times there are very few clues to go off.

A player in Trondheim, Norway, Håvard Vesterheim, has solidified himself as one of the world’s best at the game. He has learned an incredible amount about various parts of the globe, as is evident by the 400-page document he created on Nigeria’s Google Street Views or his extensive knowledge of a location in Botswana based on where Venus is in the sky.

It’s sleuthing skills like this that have made him so successful at such a challenging game. Vesterheim believes the game intrigues many because of its real-world applications. The more you play, the more you learn about the world around us.



Cranberries vs. Lingonberries

If you were asked to name a tangy red berry that grows in cool climates, what springs to mind? If you are thinking ahead to Thanksgiving, your first choice may be “cranberry.” But if you’ve recently had lunch at IKEA, you might default to answering “lingonberry.” Are there differences, and if so, what are they?

Let’s start with their similarities. Both berries are tart and have a dark red exterior color. They also both are highly nutritious in vitamins and antioxidants.



Cranberries and lingonberries both belong to the same family of berries, which would explain why they overlap in quite a few areas. This makes them versatile in cuisine and you can often substitute one for the other in recipes.

However, they also differ in some ways. In appearance, the lingonberry (also called the cowberry), is smaller in size compared to its close relative. Cranberries are often lighter on the inside, with the flesh being almost white, whereas the lingonberry is more pink or red. Also, while both berries are in high demand, cranberries are more commonly cultivated and farmed, whereas lingonberries are more likely to be harvested from nature. Lastly, lingonberries are just a little bit naturally sweeter than cranberries.

Both berries make an excellent choice in tasty fall dishes, so go ahead and experiment with both this coming season.

Lingonberry Cardamom Tart

This tart is as beautiful as it is rich, tart, sweet, spicy, savory and delicious, which will soon make it a family favorite.

Author: Barrett Bridenhagen of [Dirty Laundry Kitchen](#)

Prep time: 1 day, 1 hour 30 minutes

Cook time: 1 hour 25 minutes

Ingredients:

- 1 1/2 cups or about 5 oz. fresh cranberries
- 1/2 cup plus 1/3 cup granulated sugar, plus more for sprinkling
- 1 Tbsp. water
- 1 egg white
- 8 oz. lingonberry jam
- 10 Tbsp. unsalted butter room temperature
- 3 large eggs
- 1/2 tsp. pure vanilla extract
- 6 oz. or about 1 1/4 cups slivered almonds
- 1/2 tsp. ground cinnamon
- 1/2 tsp. ground cardamom
- 1/4 tsp. salt
- Pâte Sucrée (Sweet Crust) Ingredients
- 1 1/4 cups all-purpose flour
- 4 1/2 tsp. granulated sugar
- 1/4 tsp. salt
- 1 stick cold unsalted butter, cut into small pieces
- 1 large egg yolk
- 2 Tbsp. ice water



Instructions:

1. To start, make the pâte sucrée crust.
2. Pulse flour, sugar, and salt in a food processor until combined.
3. Add butter, and process until mixture resembles coarse meal, about 10 seconds, or use a pastry blender or two knives to combine.
4. Lightly beat egg yolk with ice water.
5. With processor running, add yolk mixture in a slow, steady stream through the feed tube and process until dough just holds together (no longer than 30 seconds).
6. Turn out onto a work surface and shape into a disc.
7. Wrap in plastic and refrigerate for at least 1 hour (or up to 2 days).
8. Put fresh cranberries, 1/3 cup sugar, and the water into a saucepan over medium heat and cook.

9. Stir to dissolve sugar, until cranberries have just softened. 3-5 minutes.
10. Remove from heat and cool completely.
11. On a lightly floured work surface, roll out pâte sucrée dough to a 12-inch circle, 1/8 to 1/4 inch thick.
12. Transfer to an 8-by-2-inch springform pan, pressing crust into bottom and up sides. Trim excess flush with rim. Refrigerate 30 minutes.
13. Preheat oven to 350° F. Prick tart crust all over with a fork.
14. Line dough with a round of parchment paper and fill with pie weights (or dried beans).
15. Bake 10 minutes.
16. Beat egg white.
17. Remove weights and parchment and brush crust lightly with egg. Return to oven and bake until pale golden (25 minutes). Reserve remaining egg white.
18. Let crust cool in pan on a wire rack for 10 minutes.
19. Raise oven temperature to 375° F.
20. Spread jam over bottom of tart crust.
21. Beat butter and remaining 1/2 cup sugar with a mixer on medium-high speed until pale and fluffy (3 minutes).
22. Add eggs, 1 at a time, beating well in between. Beat in vanilla.
23. Reduce speed to medium. Slowly add ground almonds, cinnamon, and salt and beat until just combined.
24. Spread mixture over jam-covered crust.
25. Bake tart until filling is set and has darkened slightly (45+ minutes. If top darkens too quickly, cover loosely with foil).
26. Remove tart from oven, brush top with remaining egg white and sprinkle with sugar. Return to oven and bake for 5 minutes more.
27. Let cool on a wire rack for 15 minutes.
28. To serve, remove from pan and top with [candied cranberries](#). Slice. Add a dollop of crème fraîche to bring it to the next level. And who wouldn't want to do that?

Notes

It's easy to spread this recipe out over a couple of days. Make a day ahead if you like. Store on the counter, wrapped. Serve warm or at room temperature.