



## SONS OF NORWAY

# Rib Fjell Lodge 496, District 5

Wausau and North Central Wisconsin

Sons, Daughters, and Friends of Norway Newsletter

September 2024

### Officers:

#### President/Book Club:

Brent Brye  
(715) 845-2498  
[brentbrye@yahoo.com](mailto:brentbrye@yahoo.com)

#### Vice President:

Bill Schrub  
(605) 880-6013  
[wshrub@gmail.com](mailto:wshrub@gmail.com)

#### Secretary:

Tryphine Schrub  
(605) 880-7589  
[tschrub@gmail.com](mailto:tschrub@gmail.com)

#### Treasurer:

Kris Peterson  
(715) 432-8138  
[krisp3@msn.com](mailto:krisp3@msn.com)

#### Cultural Director/Programs:

Kira James  
(715) 571-7719  
[kiraewi@gmail.com](mailto:kiraewi@gmail.com)

#### Newsletter Editor:

Kris Peterson  
(715) 432-8138  
[krisp3@msn.com](mailto:krisp3@msn.com)

#### Counselor/Book Club:

Mary Henkelman  
(715) 359-3953  
[mehenkelman217@gmail.com](mailto:mehenkelman217@gmail.com)

#### Social Director:

Dave Berge  
(715) 845-4807  
[dgberge@charter.net](mailto:dgberge@charter.net)

#### Membership:

Karen Briggs  
[Briggs154@gmail.com](mailto:Briggs154@gmail.com)

#### Publicity/Photographer:

Open Position

#### Tubfrim:

Kathy Westlund  
(715) 359-8116  
[d.west4@frontier.com](mailto:d.west4@frontier.com)

## September Meeting

Our first meeting of the new season is Thursday, September 19, 5:30 p.m. at the Marathon County Public Library in downtown Wausau. We will have a presentation by Sharon Christenson Kramer on her art, including her rosemaling. Hope to see everyone there!

## Officers Needed

With fall fast approaching, it's time to start looking for new officer candidates for the 2025 calendar year. Several officer positions have no candidate at this time: Secretary and Publicity. You are welcome to offer up your own nomination for any of the officer positions listed to the left. There will be an election of officers at our December meeting and those elected will start at the January meeting. Please consider joining the Board!

## Book Club

Our first book club meeting of the new season will be on **Thursday, September 26 at 9:30 a.m. at the 2510 Deli**. We will read another of Sigrid Undset's novels set in the Middle Ages, The Axe: The Master of Hestviken. It is said to be soaringly romantic and psychologically nuanced, being a meticulous re-creation of a world split between pagan codes of retribution and the rigors of Christian piety. It is the first book in a series, so after reading it, we will decide whether we want to continue with the series. The third book in Lars Mytting's series will not be ready for several months yet.

## September Birthdays

14<sup>th</sup> – Diane Gorski  
17<sup>th</sup> – Scott Stalheim  
21<sup>st</sup> – Hugh Curtis  
25<sup>th</sup> – Doug Hagen

## Upcoming Meetings

Thursday, September 19, 5:30 – 7:30 p.m., Marathon County Public Library in Wausau  
Thursday, October 24, Torsk Dinner at Dale's Weston Lanes  
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](mailto:krisp3@msn.com)), by the 25<sup>th</sup> of the previous month.

## From the Sons of Norway News Service

### Folk High Schools

Scattered across Norway are *folkehøgskoler*, or folk high schools. Despite the name, these schools are usually for students 18 and older and function much like a college or university, where students live on-site and with each other from August to May. While most students are around 18-25 years old, these schools don't have an upper age limit, making them an option for lifelong learners of any age. The 85 folk high schools vary in size, worldview, and study focus with a wide variety of subjects to focus on.

One thing all the schools have in common is their teaching philosophy. Unlike traditional schools, folk high schools don't have grades and exams in the structure. Instead, the approach they take to learning is immersive. Teaching is conversation-based, experience-based, and participant-driven. Because the students are 18 or older, they are viewed as adults and treated as responsible individuals who will learn the most based on their desire to do so, not because they have to.

Folkehøgskoler attract students from both nearby Nordic countries and international students from afar. Many of the schools offer Norwegian courses for those who are new to the language and the immersive nature of the program reinforces those language skills over time. These schools are a great option to experience the culture of Norway. To hear more about this experience first-hand, follow Liv's story in [Viking for Kids](#).



The Sons of Norway Foundation offers the Helen Tronvold Scholarship for 17- to 25-year-olds attending folk high school and the Douglas Warne – Rolf & Wenche Eng Scholarship that can be used to study in Norway at any age.

#### Source:

<https://www.folkehogskole.no/en/about>

### Crown Prince Follows Refugees Guides for a Day

On June 20, to mark World Refugee Day, Crown Prince Haakon Magnus went for a walk with refugees and volunteer refugee guides from the Red Cross. Oslo Mayor Anne Lindboe, Secretary General of the Red Cross Anne Bergh and head of the Oslo Red Cross Astrid Solberg also took part in the trip.



Red Cross refugee guides are assigned to newly arrived refugees in Norway and help them adjust to life in their new society. The participants practice Norwegian together and get to know their local environment by going for informal walks, cooking, and having coffee along with other activities.

Norway accepts refugees from, among other countries, Ukraine, Syria, Afghanistan, Eritrea and Turkey. The vast majority of people the Red Cross assists say that they want to learn Norwegian and become an equal part of Norwegian society.

“Refugee guides and other activities for newly arrived refugees are important because they are a supplement to the public introduction program. Here you get the opportunity to practice Norwegian in an informal setting. It gives increased self-confidence to use the language in other arenas as well, such as work,” says Anne Bergh, secretary general of the Red Cross.

## Foundation Envelope in September/October Viking

Watch for it! The envelope in the September/October issue of Viking magazine is an easy way for you to support the grants and scholarships you've heard about (see the scholarship article in the Sept/Oct issue, for example.) Consider the impact you can make with a tax-deductible gift to the Sons of Norway Foundation. Simply pop your check in the envelope and mail it in, or if you prefer to pay by credit card, you can go to [sofn.com](http://sofn.com) to make your gift there.

## Viking Sword Unearthed in Rogaland

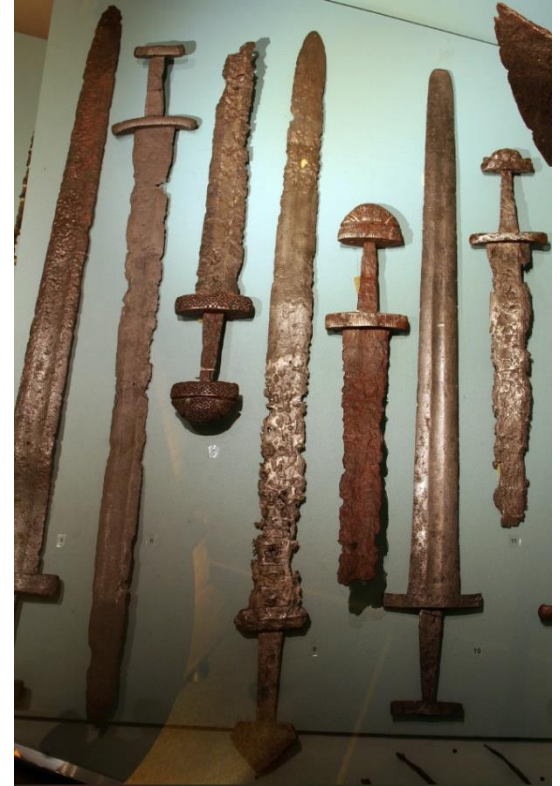
A first of its kind Viking discovery was recently made in Rogaland, Norway. While a Norwegian man, Øyvind Tveitane Lovra, was clearing his farm, he came across a 1,000-year-old Viking sword. The discovery was particularly surprising, as the field he and his son were preparing to sow new grass on hadn't been ploughed for many years. Mr. Lovra says that they were picking stones and explains: "I spotted an iron object that I was about to throw, but just as I was about to throw it, I discovered that it was a sword."

The sword was examined by archeologists who were able to take x-rays which revealed inscriptions on the blade. The inscriptions led them to believe the sword could be a Ulfberht sword, which were made between 900 and 1050 AD. The sword was covered in clay, which helped preserve it from rusting away.

Around three to four thousand swords from the Viking Age have been uncovered in Europe. Of these, only 45 with inscriptions have been unearthed in Norway making this an exciting, rare find.

### Source:

<https://www.independent.co.uk/news/science/archaeology/viking-sword-discovered-norway-farmer-b2556863.html>



## Mushroom Lamb Stroganoff

The last Thursday in September is a celebration of Fårikal, the beloved national dish made with lamb (or mutton) and cabbage. Other seasonal flavors in the fall include root vegetables and mushrooms. This recipe is a combination of both delicious things.

### Serves 2-3

#### Ingredients:

Leftover roast lamb – about 2 cups, cubed (or 400 grams raw lamb, cubed)  
12 (approximately) chestnut mushrooms  
1 medium onion  
1 clove garlic  
100 ml cream  
25 g butter  
2 Tbsp. flour  
a splash of sherry (optional)  
1/4 tsp. paprika  
1/2 tsp. dried rosemary  
1 cup lamb stock  
salt & pepper to taste



**Directions:**

Cube the lamb, crush the garlic and slice the onions and mushrooms. Heat the butter in a heavy-bottomed frying pan and sauté together the onions, garlic and lamb. If the lamb is pre-cooked, sauté the onions and garlic until the onions are translucent and beginning to brown, then add the lamb to heat through. Add the mushrooms at the very end, as they need minimal cooking.

Once the mushrooms, onions, lamb and garlic are done, remove from the pan with a slotted spoon and keep warm. Stir the flour into the pan juices, stirring to pick up any bits sticking to the bottom of the pan. Cook for a minute or two, then add a splash of sherry (optional), the paprika and rosemary, followed by the stock. Mix well and remove from heat before adding the cream, stirring all the time to prevent lumps. Return to heat and stir to get a smooth sauce. (If the sauce is too thick, add a little milk to thin it.)

Stir the lamb, onion and mushroom mix into the sauce, heat through and serve on a bed of creamy mashed potatoes.

**Source:**

<https://www.cooksister.com/2007/11/if-life-gives-y.html>