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**Language Specialist**  
Jan Flatoff

**Cultural Skills Coord.**  
Karen Trzebiatowski

**Trustee (2021-2023)**  
Ron Hensler.

**Trustee (2020-2022)**  
Tom Johnson

**Trustee (2019-2021)**  
Milo Harpstead

Vennligfolk Lodge  
meets the second  
Sunday evening, 5:00 pm  
September thru May  
at St. Paul's  
United Methodist Church  
600 Wilshire Blvd Stevens  
Point, WI

# Vennligblad

Friendly pages for the 'friendly people' of Vennligfolk and their friends  
Sons of Norway Lodge #5-627 for Central Wisconsin  
Stevens Point, Whiting, and Plover

Volume 28 Issue 6

DISTRICT 5, ZONE 2

NOVEMBER OG DESEMBER 2021

## Fra presidenten:



Looking out my family room window is a vivid reminder that we are well into fall, and winter isn't far behind. I am ready to start wearing my Norwegian sweaters

again and gear up for the holidays of November and December.

Plans for **Vennligfolk's** Julefest are in the works. Remember that the date of Julefest has been changed to Sunday, December 5th, 2021. All attendees will enjoy delicious food, festive décor, and music by the group, Aspiring Acapella. Lois Hagen, Charlotte Hensler, Kathy Clucas, and I are on the planning team for Julefest, and we would welcome any of you to help plan this lovely evening. It would involve only one planning meeting. Let me know if you want to be part of the team?

Have you ever been to Judah Studios in Nelsonville? **Vennligfolk** member, Jen Haas, runs a delightful store full of arts & crafts by local artists. Jen also has painting parties at the studio. For this year's Julefest, we are going to give each attendee a "gift" from our lodge. Jerry Trzebiatowski cut wood to make Scandinavian Nisses, and now the wooden pieces need to be painted. Jen has opened up Judah Studios for a **Vennligfolk Painting Party** on Thursday, November 4<sup>th</sup>, at 1:00PM. You don't have to be an artist to

paint a Scandinavian Nisse, and we are going to need several members to help paint that day. All supplies will be at the studio, so you just need to come and enjoy a fun afternoon.

After over a year of no lodge meetings, it is great to gather again on the second Sunday evening of each month! There still are some openings to sign up for providing refreshments, being the marshalls, and doing the small table displays. If you would like to fill any of the vacancies listed page 4, send me an email or give me a call.

Eight **Vennligfolk** members recently enjoyed a wonderful road trip to Door County. Part of the fun was being chauffeured in a big van. A lot was packed into that one day trip! Several pictures of this day can be found on page 3

Behind every successful Sons of Norway Lodge is a dedicated group of officers. Over the years, **Vennligfolk Lodge** has been blessed with outstanding officers! As "Presidenten" of this lodge for the past seven years, I have greatly appreciated every officer I have had the privilege to work with. At our November 14<sup>th</sup> lodge meeting, we will be electing officers for 2022. You will find the roster of candidates in this issue of Vennligblad. *Tusen takk* to the members listed on that roster!

*Vennlig hilsen, Susan Morton*

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## Gratulerer med dagen

Congratulations on the day!

### November

Joyce Polson - 9  
John Clifford - 18  
Cindy Larson Kluck 26  
Donald Romundson 27

November						
Su	M	Tu	W	Th	F	Sa
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

### Desember

Charmian Fournier- 3  
Donna Van Dreser - 8  
Sally Prideaux -10  
Judy Pesanka - 15  
Elaine Anderson – 17  
Andrea Brown - 17  
Lori Johnson - 18  
Carl Rasmussen – 23  
Patricia Serio -24  
Carolyn Sommer - 28

December						
Su	M	Tu	W	Th	F	Sa
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

Almost a December Friday Bingo!

# What's Happening at Vennligfolk???

**November 14, 2021 (Sunday) 5PM-- "Wisconsin's WW2 Internment Camps"**  
Some 22000 German POWs were held in prison camps in Wisconsin during WWII. The main POW facility was Camp McCoy, however, there were another 36 branch camps spread out across the state. Presenter Jim Walker will describe the camps and stories of interactions with Wisconsin residents.

**Waupaca Scandinavian Boutique**, Saturday Nov. 20<sup>th</sup>, 10AM-3PM, The Lakes Church, 153 Cty Road QQ, Waupaca. Items for sale include: Rosemaling, Nisses & Vikings, Nordic Aprons, Needle Felting, Norwegian Knitting, Nisse Hats, Chip Carving, Turned Wood, Wood Cutouts, Scandinavian Treats, Lefse plus Lefse & Krumkake Demonstrations



### Julefest 2021 December 5 (Sunday)

Join the planning and join the fun! Only one meeting planned. Contact Susan Morton (715) 341-7248 [skaymorton@hotmail.com](mailto:skaymorton@hotmail.com) if you are interested in helping.

**January 9th - "Sigrid Green, Norwegian Spy and Patriot"** Arno Morton shares the little-known story of eighteen-year-old Sigrid Green, who was both a secret agent for the British and a code breaker at Bletchley Park, England during WWII. Her efforts helped lead to the destruction of the Hydro Electric plant in the Telemark. It is a fascinating account of how ordinary people in the right place at the right time helped to do extraordinary feats for Norway during the war years.



**March 13th - "A Norwegian's Battle for Breath"** – Jedidiah & Kendra Haas will talk about Jedidiah's Cystic Fibrosis diagnosis at an early age, his battle with the disease, receiving a double lung transplant in 2017 and his inspiring message of hope and faith.



**April 10th - "Our 2019 Norwegian Experience"** Cindy and Mark Kluck will describe their "dream-come-true" 4-week trip to Norway complete with cozy visits with 26 cousins; fun surprises; stops at ancestral homes; and thrilling scenery.

**Norwegian Dinner** Wednesday, **March 16th** at St. Paul's Methodist Church. A heritage appreciation meal prepared by Vennligfolk for St. Pauls UMC Wednesday meal.

**Cultural Fest May 14, 2022** After a two-years, the Food, Fun, & Music from Around the World returns again to Portage County at Stevens Point Area Senior High. Anticipate a grand celebration. Plan to participate is this great opportunity to celebrate and demonstrate our Scandinavian heritage plus raise funds for our lodge activities.



District 5

### District 5 Sons of Norway 2022 Convention

**Idun Lodge 5-074, Madison** will host the regional convention for the 45 Lodges of District 5 from six states **June 15-19, 2022**. Vennligfolk can have three members attend as voting delegates. Other Vennligfolk members can attend and participate in the many cultural activities.



**International Meeting of SONS OF NORWAY August 31 to September 1, 2022** in Minneapolis, MN. The convention will gather member lodges and districts from the United States, Canada, & Norway.

# September-October Vennligfolk in Photos



**Our 1<sup>st</sup> Lodge Meeting  
in 18 months !!!  
September 12**

Butch Pomeroy shares  
his family's pre-Covid  
Norwegian travel



**Door County Day-Trip  
September 30th**



Visit to Boynton Chapel, a small  
replica of the wood stave church  
in Lillehammer, Norway



Al Johnson's  
tasty  
rice pudding



Door County travelers outside Al Johnson's Swedish  
Restaurant (L-R back) Arno & Susan Morton, Lois  
Hagen, Charolene & Martin Lieber (L-R front) Karen  
Trzebiatowski, Milo Harpstead, and Bea Berg



Skål Milo!



One of Al Johnson's famous  
rooftop goats

## Our October 10 Meeting



Members got to sample Nordic treats as (L-R) Kathy  
Clucas, Rita Johnson & Sally Prideaux work toward  
their Food Cultural Skill pins at the October meeting



Kransekake prepared  
by Sally Prideaux



Prof Richard Ruppel describes  
"Scandinavian Happiness" at October's meeting



## Vennligfolk 2021-2022 Opportunities To Serve Schedule

**All blanks need a volunteer please!**

### Refreshments 2021-2022 Serving Schedule:

- Sept:** Lois Hagen, Judy Pesanka, Susan Morton
- Oct:** Kathy Clucas, Rita Johnson, Sally Prideaux
- Nov:** Patti Rous, Lynn Rasmussen, Bea Berg
- Jan:** Jane Gjevre, Jen Haas, Rita Johnson
- Feb:** \_\_\_\_\_
- Mar:** \_\_\_\_\_
- Apr:** Lori Johnson, Louise Lang, \_\_\_\_\_
- May:** Donna Van Dreser, \_\_\_\_\_

### Marshall 2021-2022 Schedule

- September:** Arno Morton
- October:** Milo Harpstead
- November:** Carl Rasmussen
- January:** Tom & Rita Johnson
- February:** Jane Gjevre & Bea Berg
- March:** Mark Hansen
- April:** Don & Lori Johnson, Louise Lang
- May:** \_\_\_\_\_

### TABLE DECOR 2021-2022 Schedule:

- September:** Lois Hagen
- November:** \_\_\_\_\_
- January:** Jen Haas
- February:** Karen Trzebiatowski
- March:** Mark Hansen
- April:** Susan Morton
- May:** \_\_\_\_\_

### Vennligblad Article Prompts Personal Design



Vennligblad's July-August edition described a new etching/cutting tool being used at Amherst HS. The article inspired Carl & Lynn Rasmussen's son, Erin, to create an etched leather hat patch commemorating his annual grouse hunt.



Have you been exploring a heritage skill? Document your work and earn a recognition pin! Cultural Skills coordinator Karen Trzebiatowski has all the details. Reach Karen at 715-824-7679 or send an email to: [Karentrzeb@gmail.com](mailto:Karentrzeb@gmail.com). The Sons of Norway website ([sofn.com](http://sofn.com)) also has helpful information.

## Vennligfolk 2022 Officers Slate

Vennligfolk selects officers and various leaders at the regularly scheduled November meeting each year. Terms begin at the following January meeting. For 2022, the following slate will be presented to the Lodge at the November 14<sup>th</sup> meeting.



### 2022 Vennligfolk Nominations

- |                                |                     |
|--------------------------------|---------------------|
| <b>President:</b>              | Susan Morton        |
| <b>Vice -President:</b>        | Lois Hagen          |
| <b>Secretary:</b>              | Tom Johnson         |
| <b>Treasurer:</b>              | Judy Pesanka        |
| <b>Financial Secretary:</b>    | Arno Morton         |
| <b>Program Director:</b>       | Charlotte Hensler   |
| <b>Newsletter Editor</b>       | Carl Rasmussen      |
| <b>Newsletter Distributor:</b> | Lynn Rasmussen      |
| <b>Webmaster:</b>              | Patricia Serio      |
| <b>Publicity:</b>              | Kathy Clucas        |
| <b>Librarian:</b>              | Jane Gjevre         |
| <b>Musician:</b>               | Louise Lang         |
| <b>Sunshine Coordinator:</b>   | Bea Berg            |
| <b>Historian:</b>              | Lois Hagen          |
| <b>Language Specialist:</b>    | Jan Flatoff         |
| <b>Cultural Skills:</b>        | Karen Trezbiatowski |
| <b>Trustee (2022-2024):</b>    | Carl Rasmussen      |

### Continuing Trustees

- |                             |             |
|-----------------------------|-------------|
| <b>Trustee (2021-2023):</b> | Ron Hensler |
| <b>Trustee (2020-2022):</b> | Tom Johnson |

Write-in Nominations will also be accepted with the agreement of the individual to serve.



## Meet Judy Pesanka

Most members know me as the lodge secretary, a position I have held for the last five years. Most members, however, probably don't know a lot about me.

I was born in Madison WI and moved to my mother's hometown of Fort Atkinson WI when I was a toddler. I grew up there with my mostly German family. My interest in my Norwegian heritage started at an early age when we visited my dad's family in North Dakota.

My father's family was 100% Norwegian and kept many of the traditions. I remember my father and grandmother speaking Norwegian particularly when they didn't want us to know what they were talking about!

The women were all excellent cooks and they enjoyed baking. They introduced me to traditional food some of which I love still today such as the delicious breads, sandbakkels and fattigmann. I didn't like lefse back then, but sure love it now. To this day, I still have not taken a liking to rice pudding though.

After graduating from high school, I attended UW-Stevens Point. I was supposed to be here for four years, but this area has become my permanent home. I met my husband, George, while attending the university and we decided to stay here and raise our family.



We have two sons. Geoff is a pharmacist and lives in Phoenix AZ. Ryan, who is an elementary school teacher and basketball coach, lives in Fort Mill, South Carolina.

George and I had been members of the lodge many years ago. We had to give up our membership when my work schedule changed. It was hard to make it to a seven o'clock meeting when I got off of work at 6:30 p.m. I really missed the interesting programs and fellowship. I retired (for the second time) in 2014. I was invited the Julefest In 2014 and I was so happy to see so many old friends, that I decided to rejoin. It was a very good decision.

I have enjoyed learning more about my heritage through our meetings and the Cultural Skills programs. I have earned my level one cooking and genealogy Skill Pin awards. I am an avid knitter and hope to earn all three levels in knitting soon.

**From the Editor:** I hope you enjoy these Getting to Know articles. Over the past two years we have had great participation from both new and long-term members and hope to continue this series. Lodge members can submit short introduction articles on their own or, kindly respond when asked. *Tusen Takk, Carl R. Editor*



## Oh, Say Did You See?



Mary Hansen and Freya, her beautiful Norwegian Forest Cat, were featured in the October Sons of Norway Viking Magazine (pg. 32). Freya was attending Vennligfolk's Midsommer gathering at the Rasmussen's. Watch for a future Vennligblad article about this unique cat breed from Norway.



A July-August 2020 Vennligblad article described the donation of 22-acres of farmland to the UW-Stevens Point College of Natural Resources by long-time Lodge member and past-President, Milo Harpstead. The donation was recently recognized with a sign naming the property for Milo and a ceremony attended by UWSP Chancellor Thomas Gibson and other campus officials on Oct 27, 2021.

## Swedish Glögg

Recipe by Chef Marcus Samuelsson  
Adapted from foodandwine.com, serves 10

For this version of Swedish mulled wine, chef Marcus Samuelsson spikes white wine and rosé with vodka infused with cardamom and ginger. The drink is aromatic and delicious.

- 4 cinnamon sticks
- 2 tsp green cardamom pods
- 2-inch peeled fresh ginger, chopped
- 4 tsp finely grated orange zest
- 12 whole cloves
- 1 cup vodka
- 2 750 ml bottles dry white wine
- 2 cups dry rosé
- 2 cups sugar
- 2 tbsp vanilla sugar
- ½ cup blanched whole almonds
- ½ cup raisins

Use a mortar to crush cinnamon and cardamom. Pour into a quart jar and add ginger, orange zest, cloves and vodka.

*For a more traditional glögg recipe made with red wine, visit the Recipe Box at [sonsofnorway.com](http://sonsofnorway.com)*



Cover and set aside for 24 hours. Strain vodka, discarding the solids, into a large saucepan. Add white wine, rosé, sugars, almonds and raisins to pan and stir over moderate heat. Heat until bubbles form around edges but do not boil. Serve hot.

The glögg can be refrigerated for 1 week and rewarmed before serving.

### Did You Know? Facts about Lutefisk

Lutefisk is exempted by the state of Wisconsin from classification as a toxic substance in laws regulating workplace safety.

Sterling silver should never be used in the preparation or eating of lutefisk as it will stain the silver.

Left overnight, any remaining residue from lutefisk preparation is nearly impossible to remove.

The self-proclaimed "lutefisk capital of the world" is Madison, MN, home to fiberglass codfish, Lou T. Fisk.

**V E N N L I G B L A D**

## Northland Lutheran Church Nowegian Heritage (Lutefisk) Supper

October 16, 2021, Northland, WI  
Attended by members of Vennligfolk Lodge



(L-R) Milo Harpstead, Peter Murat, Arno & Susan Morton



Lutefisk preparers are all smiles



(L-R) Karen Trzebiatowski, Carl & Lynn Rasmussen

The first mention of lutefisk in literature is in the writings of Olaus Magnus in 1555. In his writings, Olaus notes that lutefisk should be, "served with salted butter."

Originally a food born out of poverty, descendants of immigrants now view it as a connection to their ancestors and heritage.

***litt på norsk... Ja, vi elsker dette landet******a little in English... Yes, we love this country***

Vennligfolk used to hand out songbooks containing the words to the three national anthems we sing at each lodge meeting (American, Canadian, and Norwegian). For the Norwegian anthem the songbook also contains the English translation. If one was quick (and did not know Norwegian), a glance at the English translation would give an idea about what was being sung. Now with only the Norwegian words being projected on the screen, that is not possible.

This version of "A little English/ litt på norsk" provides opportunity to do some direct comparing of the English translation with the Norwegian words familiar to all. We sing only the first verse. Although the song has eight verses total, only the first, seventh, and eighth are used for the national anthem. The Nov-Dec 2020 Vennligblad described how a young Rikard Nordraak scored the music while his cousin, poet Bjørnstjerne Bjørnson, wrote the lyrics. Though played and sung for over 150 years, "Ja, vi elsker" was not officially adopted as Norway's national anthem until December 2019!

(1) Ja, vi elsker dette landet,  
som det stiger frem,  
furet, værbit over vannet,  
med de tusen hjem, —  
elsker, elsker det og tenker  
på vår far og mor  
og den saganatt som *senker*  
drømmer på vår jord.  
og den saganatt som *senker*  
senker drømmer på vår jord

(7) Norske mann i hus og hytte,  
takk din store Gud!  
Landet ville han beskytte,  
skjønt det mørkt så ut.  
Alt, hva fedrene har kjempet,  
mødrene har grett,  
har den Herre stille lempet,  
så *vi vant* vår rett.  
har den Herre stille lempet,  
lempet så *vi vant* vår rett.

(8) Ja, vi elsker dette landet,  
som det stiger frem,  
furet, værbit over vannet,  
med de tusen hjem.  
Og som fedres kamp har hevet  
det av nød til seir,  
også vi, når det blir krevet,  
for *dets fred* slår leir.  
også vi, når det blir krevet,  
krevet for *dets fred* slår leir.

(1) Yes, we love this country  
as it rises forth,  
rugged, weathered, over the water,  
with the thousands of homes, —  
love, love it and think  
of our father and mother  
and the saga-night that lays  
dreams upon our earth.  
and the saga-night that lays  
lays dreams upon our earth.

(7) Norwegian man in house and cabin,  
thank your great God!  
The country he wanted to protect,  
although things looked dark.  
All the fights fathers have fought,  
and the mothers have wept,  
the Lord has quietly eased  
so we won our rights  
the Lord has quietly eased  
eased so we won our rights

(8) Yes, we love this country  
as it rises forth,  
rugged, weathered, above the sea,  
with those thousand homes.  
And as the fathers' struggle has raised  
it from need to victory,  
even we, when it is demanded,  
for its peace will encamp (for defense).  
even we, when it is demanded,  
demanded for its peace will encamp.



Vennligfolk Lodge #5-627  
 Carl Rasmussen, Editor  
 3136 Dans Ave  
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**Wis WW2 Prison Camps**  
**Nov 14**  
 Presented by Jim Walker  
**Julefest Dec 5**



The mission of Sons of Norway is to promote and preserve the heritage and culture of Norway and to provide quality insurance and financial products to its members.



**Support Tubfrim.** As you receive mail with unique stamps cut the postage off leaving a ¼ inch boarder of paper. Bring your stamps to the next Vennligfolk meeting.

**Vennligblad**, the official newsletter of Sons of Norway's Vennligfolk Lodge (#5-627), is published at the beginning of the odd-numbered months of the year. If you have an item of interest to Vennligfolk members, please submit it to the Editor by the 15th of the even-numbered months. You may send it to Carl Rasmussen at 3136 Dans Dr., Stevens Point, WI 54481 or by e-mail addressed to: [Vennligblad@gmail.com](mailto:Vennligblad@gmail.com)

*Mange Tusen Takk , Carl Rasmussen, Editor*



**Gledelig Jul og Godt Nytt År!**

### Keep our Sons of Norway Family Growing

Do you have friends or family members who may appreciate a greater connection to their heritage, Norwegian culture and traditions? With Covid-19 on the run, it's time to invite new members to explore Nordic heritage & culture by joining our Sons of Norway family!

**Tusen takk for being a Sons of Norway and Vennligfolk member!**

