



2022 Officers

President Susan K. Morton
(715)341-7248
skaymorton@hotmail.com

Vice Pres. Lois Hagen
(715)344-7460
hagenozzl@gmail.com

Treasurer Judy Pesanka
(715)344-0719
msbrewer2@charter.net

Financial Secretary
Arno Morton
(715)341-7248
mrmorocks@yahoo.com

Secretary Tom Johnson
(715)630-1070
T2johnso@gmail.com

Program Director
Charlotte Hensler
(715)592-4916
chensler@wi-net.com

Newsletter Editor
Carl Rasmussen
(715)341-7494
vennligblad@gmail.com

Newsletter Distributor
Lynn Rasmussen

Webmaster Patricia Serio

Publicity Kathy Clucas

Sunshine Coordinator
Bea Berg

Lodge Musician
Louise Lang

Lodge Librarian
Jane Gjevne

Lodge Historian
Lois Hagen

Language Specialist
Jan Flatoff

Cultural Skills Coord.
Karen Trzebiatowski

Trustee (2022-2024)
Carl Rasmussen

Trustee (2021-2023)
Ron Hensler.

Trustee (2020-2022)
Tom Johnson

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 29 Issue 1

DISTRICT 5, ZONE 2

JANUAR OG FEBRUAR 2022

Fra presidenten:



Happy New Year! First, I must start my letter with some comments about Julefest 2021. Many members worked very hard to make Julefest



such a memorable evening. *Mange takk* to those who served on the Julefest Committee, designed the colorful programs, set the elegant tables, made the delicious food, donated money, cut and painted the whimsical Nisse (over 80 of them!), helped with the set-up and take-down, etc. I do want to mention one couple by name -- Ron & Charlotte Hensler provided *all* the fresh greenery and live Christmas tree that transformed Fletcher Hall into a Scandinavian festive, visual delight! Truly, Julefest 2021 was a beautiful evening of celebration and a highlight of the Christmas season.

Many people use the beginning of a new year to make goals. I also like to reflect on the past year. For **Vennligfolk Lodge**, even though we did not have lodge meetings for half of the year, 2021 still was a good and productive year. Here's why: Our membership stayed stable. Officers still met on a regular basis to plan and take care of the business of the lodge. Our treasury stayed "healthy." Vennligblad kept the membership in the loop as to what was happening with our lodge. We had three well-attended outside gatherings in the summer. A fall "Road Trip" to Door County was enjoyed by several members. Regular lodge meetings started up in September. *Tusen takk* to everyone in **Vennligfolk Lodge**! You are the reason that our lodge ended the year in such good shape.

In January I always have to give an assignment to everyone. Yes, it is time to figure out how many hours you have worked on **Vennligfolk Lodge** events for 2021. Here's what you need to do . . . tally the hours you spent on "Fraternal Events." For example: the hours you

spent working on cultural skills, attending committee meetings & officers' meetings, baking or cooking when providing refreshments for lodge events, setting up for or cleaning up after lodge meetings, going on road trips, etc. Anything you did for the benefit of the lodge is considered a "Fraternal Event" if you kept track of your hours throughout the year, this will be easy to figure out. If not, please make a good "guesstimate." Then send your *total* number of hours to Tom Johnson, T2johnso@gmail.com, our lodge secretary, by the end of February. Tom needs to submit these hours to Sons of Norway headquarters. These numbers are important because they help in keeping Sons of Norway status as a non-profit organization.

As you read "**What's Happening**" you will see we have a full line up of interesting programs for 2022. You won't want to miss any of them! We still need some members to sign up to provide refreshments for our February, March, and May meetings. Please let me know if you are able to help out with refreshments for those months?

Finally, let me thank everyone in **Vennligfolk Lodge** for voting me in to lead this wonderful group for another year. Over the past seven years, I have had the privilege of working with dedicated and talented officers whose "behind

Continued, next page

In this Issue...

Pg.2 What's Happening at Vennligfolk?

Pg.3 Julefest 2021 Photo Review

Pg.4&5 Meet *Donna VanDreser*

Pg.6 Recipe: *Sykr - Icelandic yogurt*
Also: *A New Nordic Country?*

Pg.7 A little English / litt på norsk

Pg.8 Julefest Punch Recipe & more



Gratulerer med dagen

Congratulations on the day!

Januar

- Lynn Rasmussen - 7
- Lois Hagen – 16
- Sons of Norway - 16
- Susan Morton - 31

January						
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					

Februar

Gene Numsen – 19

February						
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					

On January 16, Sons of Norway celebrates its 127th anniversary. The organization was started in 1895 by a group of Norwegian immigrants living in Minneapolis

What's Happening at Vennligfolk???

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.



February 14 - "Not Just For Men" Women are engaging more and more in hobby arts previously thought of as "just for men." Vennligfolk member, Jerry Trzebiatowski will share stories and slides showing women working at their crafts at various classes and events he has attended over the years. These crafts include casting iron, welding metal sculpture, and forging knife blades. Many of the crafts have a Nordic connection.



March 13th - "A Norwegian's Battle for Breath" Jedidiah and 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.



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



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

Cultural Fest May 14 After a two-year hiatus, 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 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, 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 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.

Fra Presidenten . . . continued from page 1

the scenes" talents and work make my job easier and make our lodge run smoothly. Please join me and your leadership team in making this next year of **Vennligfolk Lodge** the best year ever. I can hardly wait to get started!



Vennlig hilsen, Susan Morton

Many Hands Prepared Nisse for Julefest!



Jen Haas hosts at Judah Studios



Tom Johnson knows noses!



Lois Hagen & Karen Trzebiatowski add details



Aspiring Acapella entertain & inspire



Lynn Rasmussen & Kathy Clucas paint multiple nisse



Julefest 2021 - Gathering Dec 5



Jerry and Karen Trzebiatowski



Milo Harpstead serenaded



43 Attendees are all smiles! Each brought home a personal nisse



Birdie Granum enjoying the event



Ahhh... desserts!



Fine dining place settings all around!



Let the feasting begin!

Meet: Donna Van Dreser - “My Norwegian Heritage”

Sometime in my youth I became aware that I had family who were Norwegian. It was in my grade school days, which were in Whispering Pines school near Taylor, Wisconsin. My family had moved from Duluth, Minnesota and I was in the first grade. Living on a farm was a new experience but I learned to love it. The school where my sister, Jean, and I attended had also been attended by my dad, John Trammel, years ago. We were taking over what was called the family farm and my grandfather Ole and family had lived there for several years.

I also learned that both my grandfather Ole and grandmother Gertie had come from Norway. They had lived on this farm with their children which my dad, John was one of them. Unfortunately, my grandmother Gertie had been killed in a car accident in Duluth so I never got to meet her. Ole visited us on the farm and for a while, lived with us. He and his brother, Iver, had immigrated to the states when he was a teenager. They had both settled in Superior and Duluth where Iver worked on the railroad and Ole worked in a dairy.

I really became aware of my ancestors when I was in high school and dad told us a cousin Arnold from Norway was coming to live with us and help on the farm. It was a wonderful experience and immediately I took to learning and finding out all I could about the country. Arnold would carry a book that helped him translate words from English to Norwegian. (I have that book.) He told us how badly Norway suffered during World War II. At that time, I began a huge desire to go visiting Norway.

During my teaching days I learned about this unique county and reindeer and other things that made my desire grow. However, it was not until September 1995 before I could go to Norway to see if I could find anything about my heritage. My Husband, Roy, and my niece, Jody and her husband, Jay flew to Sweden. After a great visit there we went on to Norway.



Not having much to guide us, we explored. We stopped for gas in a town named Melhus. Seeing a mailman in his car so I went up and asked him if he knew where the Trammel farm was. He gave me the best directions and we were off.

We drove a mountainous road and around the corner there was a sign that would bring us to Trammel Farm. But. . . notice the Norwegian spelling below?



We continued on the road until we saw a farmstead. Knocking on the door of the house we talked to the present owner. We shared information as I was sure this was where my grandfather Ole was born and had lived with his parents. We also talked to a lady who said she was a relative. The owner brought out a walking stick which he said was my great-grandmother's!

Meet: Donna Van Dreser . . . continued



Donna holding her great-grandmother's walking stick

We went back to the town of Melhus and found the statue of my grandfather's brother, (my great-uncle) Martin Tranmæl. We knew he had been an important



person in the history of Norway. This area was most interesting and we visited with several people and also went to the church which I was sure my relatives had attended.

Later in the day we went on to Trondheim and checked into a

hotel. I signed for the room with my Tranmel name and asked the attendant if she recognized the name. She became very excited and said "Yes, and I know some of your relatives!" I told her we were going to have supper and when we had sat down, she came and said my relatives were coming for coffee. I was to meet them in the little room. We all went there and met some second cousins. Their name was Wicksham. After visiting with them we learned more about the family. They also presented me with a book that was written about Martin Tranmæl. Written in Norwegian

it is called "Tranmæl Og Hans Menn." I cannot read it but I still have the book.

We continued our exploring in Lillehammer where we got rooms in a refurbished factory made into a hotel. It was a most interesting stop. We explored the Olympic ski hill and other Olympic sites. Then on to Oslo and hopefully more info on relatives.

On arrival, we headed for Oslo's City Hall as I was sure we would find more about Martin Tranmæl there. We signed up for a tour and our guide arrived very late and agitated. I asked her if there were pictures of Martin and she looked at me and asked, "Why do you ask?"

I responded because he was my grandfather's brother. She grabbed me and said "Oh my dear, I will show you all the murals we have of him." She did a great tour and we all enjoyed her change in attitude. The building was a very interesting place to visit especially now with my direct family connection.



Marten Tranmæl (center) in one of Oslo City Hall's murals

We continued our car ride for the next few days until we needed to fly back. The scenery and all were just a taste for me. I wanted to go back but it took me until September 2009 before I did. This time it was on a tour. My girlfriend, Mary Lou and I went on a boat traveling to Lapland and all the other scenic coastal areas along the way.

From the Editor: I hope you enjoy these Getting to Know articles. Lodge members can submit short introduction articles on their own or, kindly respond when asked. Both new and long-term members are welcome.

Skyr - Icelandic yogurt

By Carl Rasmussen

Lynn and I were introduced to “skyr” when we traveled to Iceland in 2017. We’ve been enjoying this type of Icelandic yogurt ever since. It is available locally in the Metro Market dairy section under the trade name “Siggi’s.”

Siggi’s has its beginnings in 2005 when Siggi Himarsson felt homesick for a staple of his childhood, skyr, a thick creamy, high protein yogurt from his native Iceland. The yogurts he found on shelves in the US were much too sweet and artificial for his liking



Hello, I'm Siggi!



I moved to the US from Iceland.



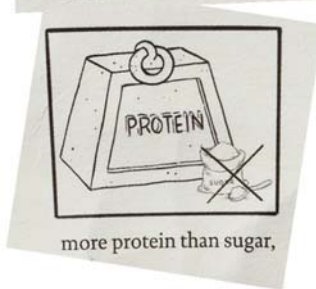
I found the yogurt on store shelves too sweet and artificial tasting.



So, in 2005, I made my own using a traditional recipe from Iceland...



...with simple ingredients,



more protein than sugar,



and a thick and creamy texture.



And then I made some more.

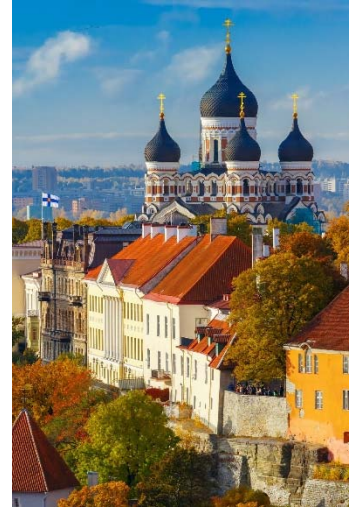


Try it. It's rich & delicious!

A New Nordic Country?

What country speaks a language that is somewhat similar to Finnish? This land of over 2,222 islands has a long history of being conquered and ruled by Denmark and Sweden, and was celebrated in the Old Norse Icelandic sagas as Esthland, home of fierce Viking warriors. Many Viking treasures are still being discovered across its countryside.

This country is Estonia, jutting out into the Baltic Sea, just 50 miles south across the water from Finland. Despite its cultural and historic commonalities with the Nordic countries, it is currently considered a Baltic State, along with Latvia, with whom it shares a border, and Lithuania. When the Nordic Council was formed in 1952, Estonia was occupied by the Soviet Union, and was not able to participate.



Though only a little over 50% of Estonians identify as Nordic today, it

is suggested one day it will be welcomed into the family by Iceland, Norway, Sweden, Denmark, and Finland, and its blue, black and white flag will fly at the Nordic Council.

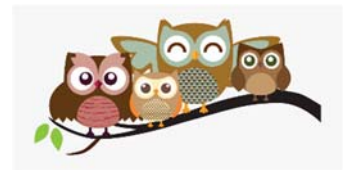


Estonia

Norwegian: Der er ugler i mosen

Translation: There are owls in the moss.

Meaning: Something is off or not quite right. There is something secretive or sinister about a situation.



Originally the saying was, “Der er ulver i mosen” which translates to “there are wolves in the bog!”

a little in English... Hi! Hooray! Ow! Wow!**What are interjections, and how do we use them?**

All of the words in our language can be divided into ten-word classes. Actions are verbs. Names of things and persons are nouns. Tastes, smells and colors are adjectives. But one thing we do not talk much about is interjections.

Oh, dear! Maybe we should do that.

What are interjections?

An interjection can be a word that expresses an emotion or a physical reaction. There are also words to represent sounds. And there are words used to answer or greet someone. We can therefore divide this word class into four groups.

Onomatopoeia, which is a description of how something sounds, often animal sounds and nature sounds.

"Bow wow," says the dog.

"Plink, plank," went the piano.

Other onomatopoeia: moo, meow, bang, poof, smack...

Exclamations, which express a feeling or physical reaction.

"Yippee, it's the weekend!"

"Ow, that hurt!"

Other exclamations: oof, yuck, hee hee, hooray, grr...

Answer words, which are positive or negative reactions to a question.

"Yes, I totally agree."

"Well, you may be right."

Other answer words: no, uh-huh, nah, well, for sure, uh-uh, nope

Greetings, which we use to greet or say goodbye to people.

"Hi!"

"Goodbye, and have a good trip!"

Other greetings: hello, hey, bye-bye, farewell, see you later

Interjections do not often appear in regular non-fiction, but read a story, a fairy tale or a novel, and you will find many of them.

Interjections are also used when people talk to each other. Just look at this dialogue:

Elisabeth: Hey, William!

William: Hello, Elisabeth! Nice weather today, isn't it?

Elisabeth: Oof, it's really cold. Brr, I'm freezing!

William: Yes, but tomorrow it's going to be 15 degrees. [59 degrees F]

Elisabeth: Hooray, then I can finally sit on the porch.

William: Haha, it's so windy on your porch.

Elisabeth: Oh, that's true. But, now I have to move on. Bye!

William: Goodbye!

litt på norsk... Hei! Hurra! Au! Voff!**Hva er interjeksjoner, og hvordan bruker vi dem?**

Alle ordene i språket kan deles inn i ti ordklasser. Handlinger er verb. Navn på ting og personer er substantiver. Smaker, lukter og farger er adjektiver. Men en ting vi ikke snakker så mye om, er **interjeksjoner**.

Uffda! Det burde vi kanskje gjøre.

Hva er interjeksjoner?

En interjeksjon kan være et ord som gir uttrykk for en følelse eller en fysisk reaksjon. Det er også ord som skal forestille lyder. Og det er ord som brukes for å svare eller hilse på noen. Vi kan derfor dele denne ordklassen i fire grupper.

Lydhermingsord, som er en beskrivelse av hvordan en lyd høres ut, ofte dyrelyder og naturlyder.

- Voff, voff, sa hunden.

- Pling, plong lød det fra pianoet.

Andre lydhermingsord: *mø, mjau, pang, poff, klask ...*

Utropsord, som gir uttrykk for en følelse eller fysisk reaksjon.

- Jippi, nå er det helg!

- Au, det gjorde vondt!

Andre utropsord: *uff, æsj, hehe, hurra, grr ...*

Svarord, som er en positiv eller negativ reaksjon på et spørsmål.

- Ja, jeg er helt enig.

- Tja, du har kanskje rett.

Andre svarord: *nei, jo, mja, nja, jo visst, neida, niks ...*

Hilseord, som vi bruker for å hilse på eller ta avskjed med personer.

- Hei!

- Adjø, og ha en god reise!

Andre hilseord: *hallo, heisann, ha det, farvel, på gjensyn ...*

Interjeksjoner dukker ikke så ofte opp i vanlig sakprosa, men les en fortelling, et eventyr eller en roman, så vil du finne mange av dem.

Interjeksjoner brukes også når folk prater med hverandre. Se bare på denne dialogen:

Elisabeth: Hei, William!

William: Hallo, Elisabeth! Fint vær i dag, ikke sant?

Elisabeth: Pøh, det er jo iskaldt. Brr, jeg fryser!

William: Ja, men i morgen er det meldt 15 grader.

Elisabeth: Hurra, da kan jeg endelig sitte på verandaen.

William: Haha, det er jo så mye vind på verandaen din.

Elisabeth: Æsj, det er sant. Men nå må jeg videre. Ha det!

William: Farvel!



Vennligfolk Lodge #5-627
 Carl Rasmussen, Editor
 3136 Dans Ave
 Stevens Point, WI 54481 USA

**Sigrid Green, Norwegian
 Spy and Patriot, Jan 9th**
 Arno Morton, presenter

“Not Just For Men” Feb 14
 Jerry Trzebiatowski, presenter



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. Send it to Carl Rasmussen at 3136 Dans Dr., Stevens Point, WI 54481 or by e-mail addressed to: **Vennligblad@gmail.com**

Mange Tusen Takk , Carl Rasmussen, Editor

Julefest Punch Recipe

By Lynn Rasmussen



By popular request, here's the recipe for my punch served at Julefest. This is the low sugar recipe I use. Regular cranberry juice and Canada Dry Ginger Ale can be substituted, but it doesn't change the flavor and just adds unneeded sugar content!

- 1 qt Lite Cranberry Cocktail juice
- 1 qt pineapple juice
- 2 tsp almond extract

Mix the above ingredients and chill for 4 hours. I also make a frozen ring using a portion of the cranberry juice to float in the punch and not dilute it with ice!

When ready to serve add the ice ring and, stir in:

- 1 2-liter bottle of Diet Canada Dry ginger ale, chilled



Share your love of Norwegian heritage and culture

In 2022 our Recruitment Challenge theme is “Share Nordic Culture & Heritage.” When you recruit at least one new adult member (age 16+) and provide your member number at the time they enroll, you'll receive this limited-edition 2022 Recruiter pin. Supplies are limited.

Don't miss out—invite a friend to join today!

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