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Karen Trzebiatowski
Trustee (2023-2025)
Kress Williamson
Trustee (2022-2024)
Carl Rasmussen

Vennligfolk Lodge
meets the second
Sunday evening, 5:00 pm
Sept thru Dec & April-May;
and, meets the second Sunday
Jan through March at 1PM
at St. Paul's
United Methodist Church
600 Wilshire Blvd Stevens
Point, WI

Vennligblad



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

Volume 31 Issue 5

DISTRICT 5, ZONE 2

SEPTEMBER OG OKTOBER 2024

Fra presidenten:



As I write my letter for this issue of Vennligblad, it is still a balmy summer day, but we Wisconsinites know that

with the coming of autumn, cooler weather is on its way. Actually, I'm ready for it! With fall comes the changing of the leaves, sweaters, Packer games, and the startup of **Vennligfolk Lodge** meetings.

You will not be disappointed with our lineup of programs. Several years ago, we had an excellent program on the "Marvelous Monarch Butterflies" by Kathy McGrath. We've asked Kathy to present this program again with the addition of Carl & Lynn Rasmussen describing their trip to the Monarch Butterfly Reserve in Mexico. It is a great way to start our fall season of programs with a great "kid-friendly" program so bring the small ones!

Of course part of the enjoyment of our meetings is the social hour that follows our programs. Our membership lives up to its name of "**Vennligfolk**" which means "Friendly Folk." I appreciate how our members mingle and make visitors feel so welcome. And then there are our refreshments! Our lodge is known for having *delicious* food. That only happens because our membership is generous in signing up to make and serve these refreshments. Some of our officers have already signed up to serve refreshments for our September meeting. At this first meeting, all of you will have the opportunity to sign up for serving refreshments, being Marshalls, and providing table décor for the remaining lodge meetings. Tusen Takki!

October is a special time for **Vennligfolk Lodge**. It's our 30th Anniversary! It was October 9th of 1994 when **Vennligfolk Lodge** had its first lodge meeting. Some of you were at that first meeting. Some of you were instrumental in getting our lodge started. In our membership are seven Charter Members: *Jan Flatoff, Jane Gjevne, Birdie Granum, Lois Hagen, Cindy Kluck, Louise Lang, and Nancy Schroeder*. Sincere thanks to these ladies who have been such wonderful, faithful members for 30 years! After our program on October 13th, we will be celebrating this special anniversary with cake and ice cream, a display of the scrapbooks that Lois Hagen has been keeping; 16 years of Vennligblad plus a slideshow of members, program and activities through the years.

November is known for elections -Federal, State, Local, and **Vennligfolk Lodge** Officers. This year we are adding another position to our list of officers: Social Director. What does this entail? For our lodge, the Social Director would oversee lining up members to serve refreshments, serve as Marshalls, do table displays, and serve on the Julefest committee. If I was not serving as **Vennligfolk** President, this would be the job I would want! If you are not already an officer, please consider adding your name to become an officer. There may be other positions that open too.

Hilsen,
Susan Morton

Treasurer Judy Pesanka reports: our lodge showed a balance of \$3997 as of July 31st putting us in good shape to start the upcoming year!

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Gratulerer med dagen

Congratulations on the day!

SEPTEMBER

- LABOR DAY-4
- Birdie Granum- 5
- Mary Hansen 7
- Rich Somers - 14
- Nancy Schroeder- 25
- Fårikål Feast Day - 26
- Gordon Miller- 27

September						
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					

OKTOBER

- Bea Berg- 7
- VENNLIGFOLK - 9
- LEIF ERIKSON DAY – 9
- Barbara Aavang - 16
- Karen Clifford – 28
- Happy Halloween-31

October						
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		

What's Happening at Vennligfolk???

Sept 8 at 5PM– Marvelous Monarch Butterfly Returns! Kathy McGrath first



captivated Vennligfolk with her Monarch Butterfly story in 2019. Her passion for these iconic insects ignited while teaching kindergarteners in Port Edwards. Since retiring, she has dedicated herself to this second love. Together with her husband, Pat, they have raised and released thousands of Monarchs and tagged hundreds to track their remarkable migration to Mexico. Some of their monarchs were recovered 1800 miles away in remote Mexico! Her presentation explains the life cycle of the monarch, how individuals can get involved in raising them, and what everyone can do to help. Following the presentation, attendees will have the opportunity to tag and release monarchs for their annual migration south. McGrath will bring for sale various books on raising monarchs and the caterpillar hand-puppet she designed for instructing students. **As a bonus:** Carl and Lynn Rasmussen will start by sharing their journey to a remote Mexican mountaintop nature preserve in January 2023. They will describe their inspiring experience of seeing the end location of Monarch butterfly migration firsthand in January 2023. There, the Rasmussens experienced tens of thousands of Monarchs taking flight around them on a magical bright cool day. Bring friends and include the grandchildren too for this inspiring presentation.



October 13 at 5PM - The Split of New Hope Church, Lodge member, Don Romundson, JD will describe the 1880 split of the New Hope Lutheran Church into North and South congregations over a disagreement of doctrine. Don retired after a 35-year career as an attorney. He has pursued a lifelong interest in local Norwegian history.

Nov 10 at 5PM Christmas in Norway by Patti Rous. “Family, Food, and Fun in the snow! Sharing my adventures of 4 visits with family in Norway for Juletid! .



Julefest Setup Saturday Morning December 7 - Helping hands needed. Please plan to join this annual fun activity. Many hands make light the work!
Julefest Sunday December 8 at Fletcher Hall, St Pauls UMC. Social hour starts at 4:30 PM with dinner starting at 5:30 PM. Planning is underway. Extra help is always welcome and expect sign-up sheets for bringing food.



Looking ahead to 2025:

Jan. 12 – Wisconsin’s Ice Age Trail

Feb. 9 - Entering New York City: Then & Now What did our ancestors who entered New York through Ellis Island see? What do present-day travelers see as they arrive in New York City? Jan Flatoff will share the most common sights: – the Statue of Liberty, Ellis Island, Grand Central Station, Central Park, and Times Square – seen on her 2023 trip there with husband Ernie.

March 9 - Scandinavian Art Show (Act 2) Members display their best art again

April 13 - Our Door County Lighthouse Adventure – Lynn & Carl Rasmussen



The Pottawatomie Lighthouse on Rock Island - Patti Rous and friends will be docents there **September 9 through 15**. To reach the lighthouse takes a little Viking grit: first a ferry to Washington Island, then another ferry to Rock Island, and then a 1+-mile hike to the lighthouse! **Hours: 10 AM to 4 PM daily.**

Vennligfolk in Photos



MidtSommer 2024 went indoors at South New Hope Church because of this year's heat wave



Bea Berg and Tom Johnson did not let a little heat get in the way of some Viking hatchet

On August 18 Karen Trzebiatowski Celebrated her 85th Birthday with husband Jerry, friends, family, neighbors, and many from Vennligfolk at the Nelsonville Lutheran Church



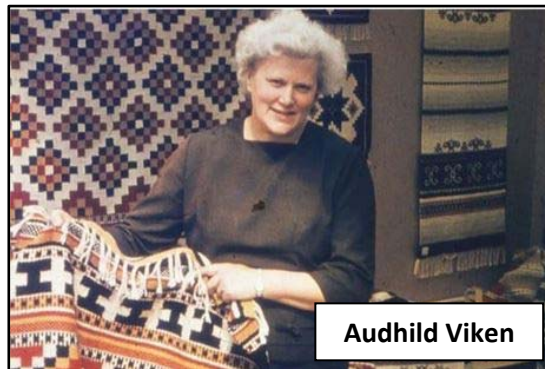
Karen on her front porch with her five grandsons, granddaughter, and newest arrival great-grandson



Audhild Viken, A Norwegian Pioneer

by Lynn Rasmussen

Audhild Viken (1915-2000) came from Skei in Jølster about 90-miles northeast of Bergen. Audhild grew up to establish the Audhild Vikens Vevstove Company in the 1940's, which to this day specializes in the sale of traditional Norwegian crafts and souvenirs.



Audhild Viken was an early pioneer in arts and crafts, not only in the Sogn og Fjordane County, but also in the rest of Norway. Her achievement at the loom is well known, but her life work and most momentous contribution is connected also to the marketing and sale of the locally handcrafted products. The biggest difficulty for arts and crafts in Norway at the time was not the production itself, but in making the goods available to buyers, a field where Audhild Viken did pathbreaking work. Through this achievement she contributed to the foundation of an important trade in rural Norway that continues today.

In a time when people started turning their backs on the old fashioned, Audhild helped preserve and disperse traditions of arts and crafts. In the beginning she swapped weave works with other goods in Bergen, first for herself, later also for friends and neighbors who also weaved at home. This aroused a faith that people still cared for arts and crafts. Audhild Viken started travelling with a suitcase doubling as both shop and storehouse. In the beginning she rode her bike and then a moped. Later she bought a car, and her sales tours expanded to the better part of south Norway. The demand got so big; she had 200 part time employed weavers from a large part of the Sunnfjord area. Audhild had no longer time to sit at the loom herself, and she now had to concentrate on finding patterns and colors for the weave works, disperse the knowledge, and sell the goods.

This is the reason why Audhild Viken was such an important figure in the work to carry on the trade and tradition that was about to be forgotten. At the same time, she managed to organize production and sale in a way that made arts and crafts a career for many people in rural Norway. Audhild Viken has in many ways been a woman pioneer for what today is considered an important slogan for arts and crafts: from tradition to business. She placed emphasis on quality in the work to rebuild old craft traditions, at the same



time she had an open mind regarding the development of new products based on good Old Norwegian traditions.

Today they have shops in Bergen, Stavanger, Dombås and Skei as part of their family business. The much-expanded outlet in Skei is now a regular stop for tourist buses from

many countries and tourists from all over the world. There once was a store in Oslo.

The Bergen shop has a prime spot along the Bryggen, in Bergen's famed historic Hanseatic League buildings from the 1700's facing the harbor. It is the first building on the right in the many panoramic photos and artwork pieces that attempt to capture the wonder of this wonderful UNESCO world heritage site. It has been located there for decades.



In 1984, Carl and I traveled on a personal version of a "Norway in a Nutshell." In Bergen, we entered that first shop on the Bryggen and found it offered traditional Norwegian made products. We knew little about Norwegian wares or what to look for other than sweaters and hats. We were intrigued by a locally made woven wool runner. Its traditional pattern reminded us very much of the loom weave found in Navaho rugs. We bought the runner and displayed it proudly in various locations at our home over the last 40 years.

In January 2024 when we considered Norwegian art to share for the Vennligfolk Scandinavian Art Show, we investigated the label stitched on a corner of the runner. It read, "Handmade in Norway, Audhild Vikens Vevstove." Using the internet, we learned of this intriguing back-story about Audhild Vikens, a Norwegian pioneer in the preservation of Norwegian folk culture.





Norwegian 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 do not 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 do not 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 must.

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.

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 had not 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.



Foundation Appeal in Sept-Oct Viking



**SONS of
NORWAY**

Watch for it! An envelope included in the Sept-Oct issue of **Viking**

magazine is an easy way for you to support the grants and scholarships you have heard about. There is scholarship article in the Sept-Oct issue, and for example, the *folkehøgskoler* article in the column to the left.) Consider the impact you can make with a tax-deductible gift to the Sons of Norway Foundation. Simply place your check in the envelope and mail it in or, if you prefer to pay by credit card, you can go to sofn.com to make your gift there.

Mushroom Lamb Stroganoff

The last Thursday in September is a celebration of Fårikål, Norway's 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. Celebrate Fårikål Feast Day September 26! **Serves 2-3**

Ingredients:

Leftover roast lamb – about 2 cups, cubed
(or 400 grams/15oz. raw lamb, cubed)
12 (approximately) chestnut mushrooms
1 medium onion
1 clove garlic
100 ml (2/5 cup) cream
25 g. (1.75 tbsp) 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.

Recipe & photo: www.cooksister.com

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 flokk.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 reimagined as a vest. The group has hosted fæstdrakt parades in Oslo's Frogner Park with photos in Aftenposten in the pattern for the myriad ways to express one's creativity in this modern take on a folk costume. Examples of patterns can be found at: <https://faebrik.no/products/faestdrakt>.

Editor's Note: most on-line articles regarding festdrakt are written in Norwegian only although Etsy lists several vendors providing festdrakt products for sale in English.

Photo source: Aftenposten

a little in English...**Successful outdoor vacation? Follow these tips**

Do you want to take a pleasant vacation in Norwegian nature? Then you should be prepared.

Norwegians are known for hiking in forests and fields. Many foreign tourists also come to see Norwegian nature. Some areas are especially popular.

Walking in a crowd can make your trip less enjoyable. You may run the risk of it this year:

The Norwegian Tourist Association (DNT - Den Norske Turistforening) has a website with tour suggestions called UT.no. It has received a huge number of visitors this summer, compared with the same period last year.

“We’ve had a 43 percent increase in the number of users,” says Veronica Solbak in a press release. She is an editor for UT.no.

DNT says this can show that interest in outdoor activities in Norway is high this summer. They have extracted the five destinations most searched for on the website. They are:

Dronningstien in Hardanger, Aurlandsdalen, tour of Hardangervidda, Romsdalseggen and Trekanten in Trollheimen.

Are you dreaming of one of these travel destinations? Maybe you should wait until another time if you want to avoid a lot of people.

No matter where you go this summer: Remember that experiencing nature requires something of you. Norsk Friluftsliv writes in a press release that the leave no trace movement is part of the right to roam. This means that we have a responsibility to leave nature as we found it.

“This means taking all trash home with you,” says general secretary Bente Lier.

You must also not cut down healthy trees or do other damage to nature.

In general, it is about not leaving behind evidence that you have been there.

litt på norsk...**Vellykket friluftsferie? Følg disse tipsene**

Vil du ha en hyggelig ferie i norsk natur? Da bør du stille forberedt.

Nordmenn er kjent for turer i skog og mark. Også mange utenlandske turister kommer for å se norsk natur. Noen områder er ekstra populære.

Å gå i flokk kan gjøre turen lite hyggelig. Kanskje risikerer du dette akkurat i år:

Den Norske Turistforening (DNT) har en nettside med turforslag som heter UT.no. Den har fått ekstra mange besøk i sommer. Tallene er sammenlignet med samme periode i fjor.

– Vi har en økning i antall brukere på 43 prosent. Det sier Veronica Solbak i en pressemelding. Hun er redaktør for UT.no.xx

DNT sier dette kan vise at interessen for friluftsliv i Norge er høy i sommer. De har hentet ut de fem turmålene det søkes mest etter på nettsiden. Det er:

Dronningstien i Hardanger, Aurlandsdalen, rundtur på Hardangervidda, Romsdalseggen og Trekanten i Trollheimen.

Drømmer du om ett av disse turmålene? Kanskje bør du vente til en annen gang om du vil unngå mye folk.

Uansett hvor du legger turen i sommer: Husk at bruk av naturen krever noe av deg. Norsk Friluftsliv skriver i en pressemelding at sporløs ferdsel er en del av allemannsretten. Det betyr at vi har ansvar for å etterlate naturen slik vi fant den.

– Det innebærer å ta med seg alt søppel hjem, sier generalsekretær Bente Lier.

Du skal heller ikke hogge i friske trær eller gjøre annen skade på natur.

Generelt handler det om at det ikke skal synes på naturen at du har vært der.

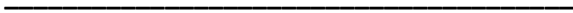


Vennligfolk Lodge #5-627
 Carl Rasmussen, Editor
 3136 Dans Ave
 Stevens Point, WI 54481



Marvelous Monarch Butterfly Returns!
 By Kathy McGrath
 Sunday Sept 8 at 5PM

The Split of New Hope Church
 By Don Romundson
 Sunday Oct 13 at 5PM



Help Spread the Sunshine! Our Lodge Sunshine Coordinator Bea Berg, asks if you hear of a member who has been ill, had surgery, a family circumstance, or something to celebrate, phone Bea at: [715-252-8853](tel:715-252-8853) or email to: beaberg96@gmail.com.
Takk and stay sunny!



On Leif Erikson Day, Oct. 9, 1994, Vennligfolk became an official Sons of Norway chartered lodge. To commemorate our 30th anniversary this month's newsletter masthead includes a new banner: **"Celebrating 30 Years of Vennlig!"** Watch for this banner throughout the coming year.

Do you have an interesting program about Norway or Scandinavia? Know of a speaker with a great general interest topic? Please contact our lodge Program Director, Charlotte Hensler at: chensler@wi-net.com.



Tusen takk

Of the original 42 Charter members, 7 are still active in the Lodge: Jan Flatoff, Jane Gjevvere, Birdie Granum, Lois Hagen, Cindy Kluck, Nancy Schroeder, and Louise Lang.

After our October 13 program, we will celebrate this special anniversary with cake and ice cream, a display of the lodge scrapbooks, 16 years of Vennligblad newsletters plus a slideshow of members, programs, and activities through the years.



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.

Vennligblad, the official newsletter of **Sons of Norway 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 10th 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; Takk *Carl Rasmussen, Editor*