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Trustee (2022-2024)
Carl Rasmussen

Trustee (2021-2023)
Ron Hensler

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 friends
Sons of Norway Lodge #5-627 for Central Wisconsin
Stevens Point, Whiting, and Plover

Volume 30 Issue 4

DISTRICT 5, ZONE 2

JULI OG AUGUST 2023

Fra presidenten:



Tusen takk to all the members who helped make our involvement in the 2023 Portage County Cultural Festival

a big success! **Vennligfolk Lodge's** participation in this event involves a *ton* of work! The planning, the preparing & making lefse, making Scandinavian baked goods, setting up our tables, working at our tables, taking down our tables, etc. - takes many members to make it happen. I am so appreciative of *everyone* involved in this endeavor! Our treasury is now healthy thanks to our participation in the Cultural Festival.

Just before school was out, I was back in the classroom to watch a group of 4th graders give a presentation on Norway. Wow! The children did a fantastic job on their reports! I just happen to have two children's bunads that I brought for the students to use. Hannah and Jackson are pictured below wearing these bunads as they gave their reports.



Recently using Facebook Messenger. I was communicating with a cousin I had never personally met. My cousin, Vivian Snopestad, lives in Fredrickstad, Norway. We are related through my maternal grandmother's side of the

family. She sent me pictures of herself wearing her grandmother's bunad, pictures of her husband and two sons, her father (my 3rd cousin), and her brother.

When I shared the information and pictures with my siblings, to my surprise

I found out that my younger sister, Nancy, met Vivian in 1976 when she and my parents took a trip to Norway. Nancy said she remembered Vivian being a small girl with blonde, curly hair. When I told that to Vivian, she sent me a picture of herself as a little girl. Sure enough - she had blonde, curly hair back then! Truly, it is a small world!

This picture shows Vivian wearing her grandmother's bunad standing with her brother.



On a personal note, 2023 is turning out to be the year of surgeries for the Morton family. In January I had knee replacement surgery. On July 5th, Arno is having major back surgery. It is a surgery he is actually looking forward to because of the pain he currently is enduring. By the middle of August my guy should be in much better shape.

Thank you to Carl & Lynn Rasmussen for hosting our "Chill on McDill" gathering in their lovely backyard on August 9th. It will be a dessert gathering with desserts provided by Lynn and our officers. Looking forward to seeing **Vennligfolk Lodge** members then.

Hilsen, Susan Morton

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Birthdays of the Month

Gratulerer med dagen

Congratulations on the
day!

Juli

Arno Morton – 1

July 4

Karen Dorn – 18

St Olaf's Day - 29

July						
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					

August

Rosy Paulson - 4

Tom Johnson - 4

Jen Haas - 8

Lois Alfsen - 9

Kathy Clucas - 11

Ron Hensler - 15

Bill Beversdorf - 17

Karen Trzebiatowski - 18

Rita Johnson - 21

Jan Flatoff - 27

August						
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		

VENNLIGBLAD

What's Happening at Vennligfolk???



Wednesday, August 9 "Chill on McDill" Dessert at the Rasmussens'

Located at Carl and Lynn Rasmussen's backyard at 3136 Dans Drive, Stevens Point. Come for this "Desserts only" event. It will be like our "Dessert events" in summer 2021 but, without the masks! Come for good company and Berries on a Cloud dessert, throw some Viking hatchet, maybe some Kubb, and explore McDill pond on a pontoon piloted by a real Viking descendent. Bring a lawn chair. Please RSVP to Lynn at lynnrathome@gmail.com or Carl at Vennligblad@gmail.com or call at 715-341-7494 so hosts can plan appropriately. No Rain Date. NOTE, there has been a date change from the May-June newsletter.

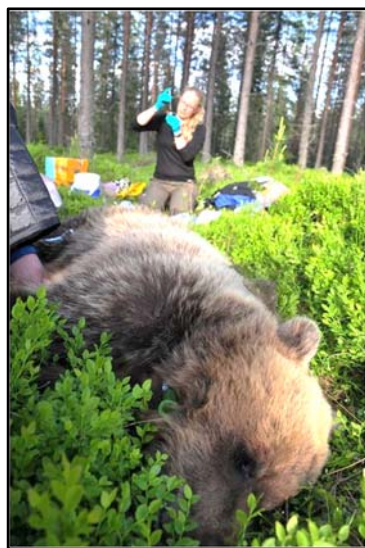
Fall Meetings: Confirmations are in progress for our **September 10, October 8, and November 12** program presentations. Watch this space in the Sept-Oct Vennligblad for details.

Julefest Sunday December 10 at Fletcher Hall, St Pauls United Methodist Church. Planning is underway. Extra help is always welcome to make the event a success! Contact an office member to find out how.

Treasurer Judy Pesanka reports: Our lodge made \$2151.50 from this year's May 13 Cultural Fest. President Morton identified this as our largest amount ever! As of June 7th, the lodge showed a balance of \$3628.76.

Hibernating Bears Lead to Blood Clot Breakthrough

People stuck sitting in tight airplane seats for an entire long-haul flight are at risk of dangerous blood clots. But somehow immobile, hibernating bears are not. Reported in the journal, "Science" April 13 and "Science News," now scientists are on the path to know why.



Biologists in Sweden have been studying hibernating bears and have drawn some very important conclusions regarding blood clots. Since 2010, they have drawn blood, fat, muscle, and urine samples from 13 bears in both the winter and summer. The difference they discovered between samples was changed platelets while the bears were hibernating.

This is notable as bears can be still for several months without blood clots, while humans are at risk sitting still for too long. From their studies, they have determined that bears produce less of a protein called HSP47 in winter, which can cause blood to coagulate. These findings are remarkable in that scientists now know which protein to focus on when creating medicines for blood clots. The researchers believe there are more important discoveries to be made from this project and thus will continue to study these hibernating bears.

h(Photo by researchers: Ole Frobert and Tobias Petzold

Cultural Fest 2023 – Ready to Roll Again !



Oz Hagen leads the rolling



(L-R) Ron Hensler, Carl and Erin Rasmussen rollin' & flippin'



9:45 a.m. Susan & Arno Morton ready to greet the crowds



Jen Haas says, "Let's make some Lefse!"



The looks say it all!



It takes a lot of peeled potatoes to make a lot of lefse! (L-R) Judy Pesanka, Jane Gjevve, Cindy Kluck, and many others helped to make it happen! A big Tusen Takk to all those who helped make Vennligfolk's 2023 Cultural Fest a big success

Meet: Tracy & Adam Johnson

We met in 2010 and bonded over our common humor and values from growing up in Norwegian, Polish, and paper mill families. Adam grew up in Amherst, and Tracy grew up in Wisconsin Rapids. While we pursued our early careers in education and barbering, we took turns driving back and forth from Stevens Point to LaCrosse for two years before buying a home in Point. After almost a decade of experience, Adam is excited to own a barbershop in November, and Tracy looks forward to her new job teaching English at SPASH and Ben Franklin.

Another trait we share is curiosity, which leads us to explore museums, state parks, folk art sites, and new hobbies together. In particular, we are fond of House on the Rock and have visited several times with family and friends. Both of us play the accordion, and we have raised several animals together: dogs, chickens, guinea pigs, and our latest additions, four racing pigeons. We also read constantly (just about anything!).



Tracy's favorite part of Norwegian culture is the language; she's taken classes since 2017 and was thrilled to translate during our Norwegian honeymoon in 2022. Adam's favorites are music and food. Since we have family in the Oslo, Trondheim, and Lillehammer areas, we hope to make a return trip to Norway sometime.

Looking for a past "Introducing" article?

You can find the individuals listed below in your saved back issues of Vennligblad. Or, you can also access past Vennligblad newsletters of this entire series at the **Sons of Norway - District 5 website:**

<https://sonsofnorway5.com/lodges/details/46-Vennligfolk-627>

Vennligfolk members please consider seeing your name on this list next year!

Carl & Lynn Rasmussen	July-Aug 2019	Patricia Serio	July-Aug 2021
Jan Flatoff	Sept-Oct 2019	Don Romundson	Sept-Oct 2021
Patti Rous	Nov-Dec 2019	Judy Pesanka	Nov-Dec 2021
Kathy Clucas	Jan-Feb 2020	Donna VanDreser	Jan-Feb 2022
Jen Haas	Mar-Apr 2020	Milo Harpstead (2-Editions)	Mar-May 2022
Sally Prideaux	May-Jun 2020	Susan & Arno Morton	July-Aug 2022
Karen & Jerry Trzebiatowski	July-Aug 2020	Gen Numsen (2-Editions)	Sept-Dec 2022
Rita & Tom Johnson	Sept-Oct 2020	Anderson, Gary & Elaine	Jan-Feb 2023
Mary & Mark Hansen	Nov-Dec 2020	Martin & Charolene Lieber	Mar-Apr 2023
Carolyn & Rich Sommers	Jan-Feb 2021	Cathy & Kress Williamson	May-Jun 2023
Birdie Granum	Mar-Apr 2021	Adam & Tracy Johnson	July-Aug 2023
Don & Lori Johnson	May-Jun 2021		

Royal Homecoming for One Ocean



The Statsraad Lehmkuhl, considered one of the world's oldest and most beautiful square-riggers, recently docked in Bergen after a 22-month voyage around the world. The voyage began in August, 2021 as part of the "One Ocean Expedition" project, aimed at researching the oceans and collecting data.

During the journey, the ship went to 24 different countries, 37 ports, and spanned 60,000 nautical miles. Aboard the ship, there were students, researchers, cadets, and crew. The main theme of the circumnavigation was to share knowledge about the role of the oceans and how humans affect it.

The ship's arrival on April 15, 2023, kicked off the first annual One Ocean Week, an event that will continue to share the ocean's importance in sustainable development. The ship was welcomed back to its home port in Bergen by King Harald, himself. The celebration included singing, a royal dinner on board, and a chance for the people of Bergen to go onboard the ship. (Photo-Ronnie Robertson, Wikipedia Commons)



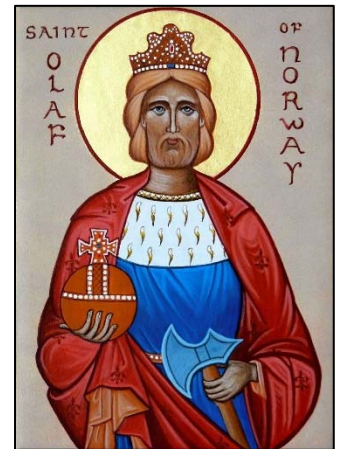
Arno Morton presented "*Syttende Mai in Norway*" at our special May 7 meeting. Eats included authentic Norway faire of hot dogs and ice cream bars

St. Olaf's Day

July 29th marks *Olsok*, or St. Olaf's Day. Originally celebrated to honor the King, and later, Saint Olaf, the day has more than 900 years of history behind it. Who was Olaf II of Norway and why is he celebrated today?

Much of what is known about King Olaf comes from the sagas, written in the late twelfth century. Written almost two centuries after Olaf's death, the *Heimskringla* contents are often questioned but recount the tales of many of Norway's early Kings.

King Olaf was born sometime around 995 near what is now Ringerike. He was the great-great-grandson of Harald Fairhair, the first king of Norway. Olaf himself would take the throne in 1015 at about the age of 20. Within a few years, Olaf consolidated his power by eliminating rivals



to the throne. But the wealthy men in Norway grew discontent with King Olaf's strong-handed ruling and supported Canute the Great's invasion of Norway in 1026. After a series of battles, King Olaf would eventually die in the Battle of Stiklestad in 1030.

King Olaf made several significant contributions during his short reign, most notably the spread of Christianity across Norway. For this he was eventually named the Patron Saint of Norway. His sainthood led Olaf to become a major figure in medieval literature in Norway.

St. Olaf continues to be a major influence in Norwegian culture. Olav/Olaf has been a popular name amongst Norwegian males for centuries. The St. Olav medal is the highest decoration the Norwegian crown awards. This year Olsok will be celebrated with festivals and feasts across Norway to mark the official day of *Rex Perpetuus Norvegiae*, Norway's eternal king.

Photo Credit: With Heart & Voice Facebook Page

Meringue Shells

This Lynn Rasmussen recipe is the first step in preparing the Berries on a Cloud to be served at our August 9 "Chill on McDill" It makes 8 shells

Ingredients:

3 egg whites (room temperature)
 ¼ tsp cream of tartar
 1 tsp vanilla extract
 ¾ cup sugar



Preheat oven to 275 degrees. Line a large baking sheet with parchment paper. (My mother would use a brown paper grocery bag!) Draw eight 3½-inch circles on the paper.

In a large mixer bowl, beat egg whites on low speed until foamy. Then add one at a time, the cream of tartar and vanilla extract. Continue beating until the whites begin to hold their shape and become opaque. Increase the speed to medium high and gradually add the sugar in a slow stream. Beat until the whites thicken and form stiff peaks. (Do not over or under beat!)

Spread each circle with approximately 1/3 cup meringue; shape with back of spoon to make shells, building up sides.

Bake for 1 hour; turn off oven leaving meringues in with the door closed for an additional 1½ hours. (I leave in until cooled down - longer). Remove baking sheet to wire racks. Let meringue stand for 15 minutes then carefully loosen them with a wide flat metal spatula or sharp knife and transfer to racks. Let cool completely.

To serve, fill with your favorite topping/filling – whipped cream; strawberries, etc. Recipe should make 8 shells



Note: Fully baked meringues may be stored for a month in a tightly sealed container with wax paper between layers. If they should lose crispness, bake in a preheated 250 oven for 15-20 minutes.

Norwegians in Canada

The history of Norwegian migration to Canada spans more than a thousand years. The Norse were the first Europeans to land in North America via Iceland, establishing a settlement called Vinland at L'Anse aux Meadows on the coast of Newfoundland around 1000 A.D.



The largest wave of Norwegian immigrants to Canada occurred much later. Between 1850 and 1915, nearly 681,000 Norwegians landed in both the eastern and western coastal provinces. Their reasons for leaving

home included a lack of employment, little available land, and political inequality.



Fridtjof Nansen, a pioneer of Norwegian expeditions in Canada in the 19th century
 (Courtesy: Library and Archives Canada)

Settlements sprang up on the prairies and in Western Canada. Settlers established churches, newspapers and communities based on ethnicity, and Norwegians who migrated north from the U.S. brought Norwegian-American organizations with them, such as Sons of Norway.

Norwegians streamed into the country between 1900 and 1915—over 18,000

from Norway and thousands of Norwegian-Americans. 21,500 Norwegians arrived between 1915 and 1929.

[The Canadian Encyclopedia](#) reports that today over 463,000 Canadians claim Norwegian ancestry. Nearly one-third of Norwegian-Canadians live in British Columbia and they are one of the largest European ethnic groups in the country.

Famous Norwegian-Canadians include: singer/songwriter Joni Mitchell (née Anderson); cross-country skier Herman "Jackrabbit" Smith-Johannsen, who lived to be 111; Torill Kove, film director, animator, and Academy Award winner for her animated short *The Danish Poet*; Fred Stenson, writer of historical non-fiction and fiction; Martha Ostenso, novelist, screenwriter and poet.

a little in English...Celebrating the Bunad Tradition

This afternoon (4/26/2023) there was a bunad party at the Bondeungdomslaget [the Farmers' Youth League] in Oslo. Her Royal Highness Crown Princess Mette-Marit participated in the celebration of Norwegian bunad use and worked to nominate the use of bunads in Norway to UNESCO's list of intangible cultural heritage.

The Crown Princess came to the celebration in her Hardanger outfit and was warmly welcomed by mayor Marianne Borgen, who was wearing the jubilee costume from Oslo.

For three years, Norway's Youth Society, the Norwegian Folk Art and Craft Association, the Norwegian Folk Costume Forum, the Norwegian Institute for Bunad and Folk Costume and the Association of Culture and Tradition have worked on the project "Bunad use: popular, but threatened."

The project has aimed to increase knowledge about the use and manufacture of our bunads, especially among children and young people. Although the bunad tradition in Norway is strong and bunads are popular, it is also threatened by the gradual weakening of craftsmanship.

Through this work, there has also been a process to nominate the general use of bunads in Norway to UNESCO's list of intangible cultural heritage. The nomination application has now been submitted to UNESCO.

Norwegian bunad use, the UNESCO application and the project were celebrated with greetings, coffee, waffles and dancing with [folk dance group] Leikarringen BUL Oslo.

Crown Princess Mette-Marit is particularly interested in folk arts and intangible cultural heritage - she is an active weaver herself. The Crown Prince couple recently visited the Raulandsakademiet, one of the most important academic institutions in the country within traditional art and folk music

**litt på norsk...** Feira bunadbruken

I ettermiddag var det bunadfest hos Bondeungdomslaget i Oslo. Den Høgvørde Kronprinsesse Mette-Marit deltok i feiringa av den norske bunadbruken og arbeidet med å nominere bunadbruken i Noreg til UNESCOs liste over immateriell kulturarv.

Kronprinsessa kom til feiringa i sin hardangerbunad og vart helsa velkomen av ordførar Marianne Borgen, som var ikledd jubileumsdrakta for Oslo.

Gjennom tre år har Noregs Ungdomslag, Norges Husflidslag, Norsk Folkedraktforum, Norsk Institutt for Bunad og Folkedrakt og Studieforbundet Kultur og Tradisjon arbeidd med prosjektet "Bunadbruk, populært, men truet".

Prosjektet har hatt som mål å auke kunnskapen om bruk og tilverking av bunadene våre, særleg blant barn og unge. Sjølv om bunadtradisjonen i Noreg er sterk og bunad populært, er den òg trua ved at handverkskunnskapen gradvis vert svekka.

Gjennom dette arbeidet har det òg vore ein prosess for å nominere den allmenne bunadbruken i Norge til UNESCOs liste over immateriell kulturarv. Nominasjonssøknaden er no sendt inn til UNESCO.

Den norske bunadbruken, UNESCO-søknaden og prosjektet vart feira med helsingstalar, kaffi, vaflar og dans ved Leikarringen BUL Oslo.



Kronprinsesse Mette-Marit er særst interessert i handarbeid og immateriell kulturarv – ho er sjølv ein aktiv vevar. Nyleg besøkte Kronprinsparet

Raulandsakademiet, ein av dei viktigaste akademiske institusjonane i landet innan tradisjonskunst og folkemusikk.

Fotos: Terje Pedersen / NTB



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

August 9 "Chill on McDill"
"Deserts Only" gathering at: 6 PM
Be sure to RSVP the Rasmussens



4th of July in Oslo?

Fireworks, backyard barbecues and parades are just some of the ways Americans celebrate the United States' birthday. But how do expats celebrate the holiday? For the last 35 years, Americans living in Oslo have held their Fourth of July celebration, growing from a backyard party to a major event in the capital city.

The Fourth of July celebration was the brainchild of Bruce Allen, the founder and board member of the American Coordinating Council of Norway (ACCN). Entertainment has always played an important role in the Fourth of July celebrations. Early on, flag football games between the military and civilians were a great draw. Since then, it has evolved into a wide array of entertainment including Civil War reenactors, a sky-diving team, and an Elvis impersonator

Even early on, the ACCN and its members made a commitment to giving back to local communities. In 1992, the group began a relationship with Norway's National Cancer Hospital. Over the next seven celebrations, money raised benefited the hospital, specifically children and their families. In 1999, ACCN created its own foundation, increasing the scope of their giving and benefiting a great number of charities.



This year, for Independence Day 2023, ACCN is highlighting the ties between Norway and the U.S. with music, food and entertainment. Plus, there's fun for the entire family, including children's activities and a watermelon-eating contest.

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