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Trustee (2020-2022)

Tom Johnson

Trustee (2019-2021)

Milo Harpsted

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 4

DISTRICT 5, ZONE 2

JULI OG AUGUST 2021

Fra presidenten:



A couple of months ago, Arno and I received some exciting news . . . Our daughter, son-in-law, and three grandchildren are moving to Plover this summer! Since our daughter and

son graduated from college, neither of them have lived close to us. At one time, our children were living on opposite coasts! Throughout these years, we have traveled many miles to see them, because we want to be with our family. And when grandchildren came along, we traveled even more often to see them and be a part of their lives. That's what families do.

These past fifteen months our **Vennligfolk** "family" has also been separated, but not because of miles. We have been apart because of a pandemic. Some of you have had first-hand knowledge of how nasty this virus has been. Thankfully, things are finally changing! Because of the Covid vaccines, our lodge can now safely meet, and we are gearing up for a new year of meetings and activities.

Here's what's in the works. This summer we are having three outside gatherings where we can visit and eat scrumptious desserts. Regular **Vennligfolk Lodge** meetings are starting this September 12th, 5:00 PM at St. Paul's United Methodist Church. Your officers are planning a couple of future "Road Trips" for the fall and spring. Karen Trzebiatowski, our Cultural Skills Director, is going to get our knitting group going again. Even plans for Julefest are being discussed.



During this long time that we have not been meeting, some very good things still have been happening. 1) Our membership has remained stable. It would have been very easy to let your memberships lapse, but that did not happen. *Tusen takk!* 2) Our treasury is healthy.

When we had our "No Bake, Bake Sale" last year, you all were *so generous* with your monetary giving. *Tusen takk!* 3) Vennligfolk Officers still met, planned, and worked. **Vennligblad** was published and sent out, an audit took place, needed forms were sent in to District 5, etc. *Tusen takk!* This presidenten is so appreciative of every one of our members!

So **Vennligfolk Lodge**, we will soon be together. I have missed being with my **Vennligfolk** family, and am looking forward to being with all of you again.

*Vennlig hilsen,
Susan Morton*



Rogaland Rosemaling

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Gratulerer med dagen

**Congratulations on
the day!**

Juli

Arno Morton – 1
July 4
Glenn Aavang – 31

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
Carl Lemke- 4
Jen Haas - 8
Lois Alfson – 9
Kathy Clucas - 11
Ron Hensler - 15
Bill Beversdorf - 17
Karen Trzebiatowski - 18
Rita Johnson - 21
Jan Flatoff – 27
Jennifer Lemke - 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				

What's Happening at Vennligfolk???



"Vennligfolk Summer 2021 Outdoor Gatherings" continue in July, and August. Similar to our Midtsommer gathering event at the Rasmussen's, we will get together outdoors and continue to catch-up this summer with early evening dessert socials.

Collins Park July 14 (Wednesday), 6PM–8PM – Our second gathering will be at Collins Park located 13 miles east of Stevens Point on Hwy 66 then, south one-mile on **County Road I**. We continue our "dessert only" social theme with pie with ice cream. Volunteer pie bakers will be arranged. Coffee and bottled water will be available. Please bring a lawn chair. Rain date: Friday June 25 same 6PM-8PM times. Once at Collins Park follow the horseshoe looped road and watch for the Norwegian flag!

August 22 (Sunday) 6PM–8PM - Our third summer Lodge gathering will at the home of Jen Haas located at 3532 Regent Street, Stevens Point. This "dessert only" social will feature ice-cream with toppings and also bars. Coffee and bottled water will be available. Please bring a lawn chair. Rain date: August 24 same 6PM-8PM times

Hurra, Hurra, Hurra Regular monthly meetings begin again!!!



Our Lodge begins holding regular monthly meetings and programs again starting Sunday September 12 at 5 p.m. at St. Pauls United Methodist Church, Stevens Point. Consider presenting a program yourself. Discuss your idea with Program Director Char Hensler. Bring a friend!

September 12 10, 2021 (Sunday) 5PM "Scandinavian Travels." Butch Pomeroy has traveled extensively in Norway and Scandinavia and will share his insights and adventures in pictures. Butch is the brother of Lodge member Sally Prideaux. A great re-start for Vennligfolk after over a year without meetings!



October 10, 2021 (Sunday) 5PM "Scandinavian Happiness"
Yes, the Scandinavians are still happy and Dr. Richard Ruppel will finally be able to tell you why! Year after year the Danes, Finns, Swedes, Norwegians, and Icelanders, rank among the happiest folks in the world. Dr. Richard Ruppel, UWSP Emeritus Professor of World Languages and Literature will explore what these cultures have or do that produces this "happiness" and what we all might learn from them.

November 14, 2021 (Sunday) 5PM-- "Wisconsin's WWII 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.

December 12 (Sunday)– Julefest 2021 Planning has begun; join the fun!



"Berries on a Cloud?" Must Be Midtsommer 2021!

Vennligfolk celebrated our first gathering in almost a year June 23 at Carl & Lynn Rasmussen's backyard on McDill Pond. Held on the traditional Norwegian Midtsommer Eve, the event featured meringue topped with fresh strawberries.



Jen Hass with Pres. Susan Morton



Tom Johnson & Mark Hansen



Kathy Lucas & Char Hensler did the serving



Hostess Lynn R & Milo Harpstead



Mary introduced the Hansen's new Norwegian Forest cat



Charolene Lieber & Nancy Schroeder share a laugh



Smiles all around!



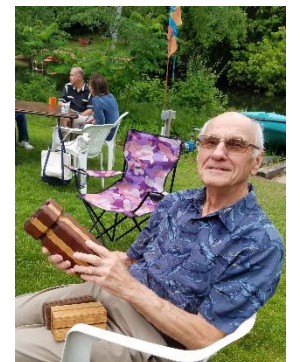
Guests Anders & Sarah



Lois Hagen, Jen Hass, Louise Lang, Jane Gjevra



Host Carl R tends the Midtsommer fire



Martin Lieber's latest project: an oak & cherry Kubbs set

New Tool Helps Craft Cultural Designs

The Amherst High School Tech Ed program was the recent recipient of an Epilog Fusion Laser Engraver.



The tool came through a generous donation by Don and Cathi Wolding. Vennligfolk member Jerry Trzebiatowski is a middle and high school instructor at the Amherst program and Jerry has been practicing and gaining proficiency with the machine and its software in order to train his students.

Jerry recently tried his hand at producing some Scandinavian objects. He was able to create laser woodcuts of a Viking ship, Viking warrior, a nisse and a dragon shield complete with runic letters.



As a teacher, Jerry says he has the opportunity to teach more than just curriculum and skills. He gets to mentor his students and model his own culture through art and projects. In many cases, Jerry says it brings students to recognize interest in their own lives. Some following his lead are producing items of cultural significance as well.

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. The Sons of Norway website (sofn.com) also has information and in some cases, links to helpful YouTube videos.



Ancient Viking Game Unearthed



When metal detectorist Mick Bott unearthed dozens of small lead objects in Lincolnshire, England at the site of a ninth century Viking encampment, he figured they were just weights. However, experts determined he had actually discovered the oldest known complete set of gaming pieces for the ancient Viking board game **Hnefatafl**.

In AD 872 the Vikings formed a winter camp at the location and used it as defensive and strategic position during the winter months as they prepared to conquer England.

Hnefatafl (pronounced: "neh-fuh-taa-fl") is a strategy game similar to chess played by two players with 24 attacking pieces and 12 defending pieces protecting one king. Player 1 sets their pieces in a diamond shape in the middle of the board, surrounding the King. Player 2 sets their pieces along the edge of the board. The game is won when either Player 1 maneuvers the King into a corner with the help of his 12 soldiers, or, Player 2 captures the King by surrounding him/her on four sides.

Hnefatafl, which translates as "King's Table," has been played for more than 1,600 years, far longer than chess. The game is described as, "simple but subtle, and once you start you can't stop."

You don't need to go treasure hunting to score your own Viking strategy game. Sets can be found for purchase on-line or at specialty gaming stores. You can even play **Hnefatafl** virtually by downloading an app to your phone.



Sources: SON Newsletter Service & Daily Mail.com

photo from Amazon.com

Meet Patricia Serio

I am the eldest daughter of three children born to Larry and Lorena Davis in Hudson, Wisconsin. My parents lived in a small one-bedroom white house in Lakeland, Minnesota at the time. Shortly after, we moved to Chetek, WI and later to Phoenix, AZ, then to New Auburn, WI and back again to Chetek! By then I was in middle school.



My mother's family mostly lived in Minnesota. Her maiden's name is Gramstad. My interest in genealogy started around 1999 and more recently, my interest has switched from my father's family to my mother's.

In 1989 as an adult I moved to Boca Raton, FL from Rochester, MN and started college for Commercial Art in 1992. I graduated in 1994 with my Associates Degree and a 3.8 GPA. I am very proud of my grade as I struggled through primary school.

Prior to college, I worked various customer service jobs such as... gift shop clerk, Walgreen's cashier, maid/housekeeping and waitressing. Since my college graduation though, I have worked for companies such as... Young & Rubicam, Bermello, Ajamil & Partners, Reliabilityweb.com, Chronotype, Specialists in Urology, and more recently Encore Urology.

My favorite things to do or enjoy are: traveling, hiking, kayaking, bicycling, horseback-riding (though I haven't done that in years), swimming, watching movies, theatre, going to museums, boating, fishing, bowling, nature, and dogs. And, maybe gardening.

A neat thing I completed recently came through a friend named Beth Weibel. Beth has been trying to create a business around a font design she created. It's a beautiful font and her purpose is to encourage cursive writing. She has given each letter of the alphabet to close friends for them to design each one. This is how I designed my "P."



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*

The Angry Boy is Back

Sinnataggen, the iconic sculpture known as "The Angry Boy" has reason to be disgruntled. In early April 2021, the bronze statue depicting a small boy throwing a tantrum was vandalized and nearly sawed off at the foot. The Vigeland Museum removed the figure for restoration, and a few weeks later, the lad resumed his outburst in the usual spot.

Located in Oslo's Frogner Park, Sinnataggen and 211 other sculptures by Gustav Vigeland are a top tourist attraction covering 80 acres. The Angry Boy may be the smallest one, standing only 83 centimeters (33 inches) high, but he has a powerful magnetism. The statue was installed in 1940 and has become the park's most popular, with tourists holding his hand so often, they buffed the patina off, revealing a shiny balled fist.



Sculptor Gustav Vigeland died only a few years after his massive park installation was completed, but not before designing the medal for the Nobel Peace Prize.

photo from chiaroscuromagazine.com

Member Birdie Granum is looking for an appreciative new home for a Special Edition Norwegian Bible from the 1860's. The Bible has embossed leather covers, is abundantly illustrated, and pages are without personal notations. No cost. For more information call Birdie at: 715-342-5714.

Chocolate Cardamom Ice Cream



What better way to enjoy summer than with some delicious Nordic inspired homemade ice cream! Recipe & Photo submitted by Christopher Mohs, Vikingland Lodge 1-495, Detroit Lakes, MN

Ingredients

1 cup milk
1/2 cup good quality cocoa powder
3/4 cup sugar
2 cups heavy cream
pinch salt
1/4 tsp. ground cardamom

Directions

Begin by preparing the ice cream base. In a saucepan over low to medium heat, slowly heat up the milk, cocoa powder, cardamom, salt and sugar—stirring constantly. You want to increase the temperature just enough to dissolve the sugar. Once the sugar is dissolved, remove from the heat and allow it to cool slightly. Then gently whisk in the heavy cream. Cover with plastic wrap or a cling film and place in the refrigerator to completely cool, about 4 hours.

Now it's time to make the ice cream. Using an ice cream maker (and ensuring that your core is nice and frozen), pour the ice cream base in and churn per the manufacturer's instructions. This is usually 20-30 minutes. When the base is ready, divide up into ice cream containers of your choice (or just use a food safe bowl).

Place in the freezer for at least 8 hours and enjoy.

Norwegian: Snakke i munnen på hverandre

Translation: Talking in each other's mouths.

Meaning: People are talking at the same time, talking over one another.



Jump on the Trend of Nordic Walking

After eating chocolate cardamom ice cream you may feel inspired to try Nordic walking! You may have seen people out walking with a pair of poles, and wondered what became of their skis? Or, maybe you were curious if that person has issues with balance?

A sport unto itself, Nordic walking provides a better workout compared to regular walking. Here are several reasons to give Nordic walking a whirl.

Nordic walking:

- improves your overall fitness level
- works your upper body and core muscles as well as your lower body
- provides more stability
- is low impact on joints
- helps recover from injury by taking pressure off legs and feet
- was invented in Finland to maintain skiers' fitness year-round
- can be done on any terrain



Getting started:

- Buy or borrow a pair of Nordic walking poles (priced new from \$50 to \$200)
(note: Nordic walking poles are different from hiking or skiing poles)
- Take a class or look up a YouTube video to learn proper technique



- Hit the trails or the park!
- Track your time or mileage for the Sons of Norway Sports Medal Program. Earn a SON gangmerke (gahng-merk-eh) pin for walking!

Lena began composing songs about sewing machines. You might say she has become a Singer songwriter – or, sew it seams! Uff-da!



a little in English... Buying a pig in a poke and not knowing beans about it

He is Muslim and does not eat pork. Nevertheless, he called his debut book "*Griseflax*." [pig's luck, used like the English expression "lucky duck!"] The title could not be more fitting, according to the author himself.

Ali Mohamed came alone as a resettlement refugee from Somalia to Norway in 2012. He quickly integrated and eventually got a job as a bilingual assistant at Bamble upper secondary school in Vestfold og Telemark county, the newspaper *Varden* says. Even though his Norwegian improved, he struggled to keep up in social situations. Mohamed quietly sat in the staff lounge while his colleagues talked. He understood many words, but could not put them in context or understand the Norwegian expressions.

The spice of language

What in the world do Norwegians mean when they say that something goes right past their house [goes right over their head]? Or when they say they bought a cat in a bag [a pig in a poke]?

"Norwegian words and expressions are the spice of the Norwegian language. But if you come from Somalia, you do not know who Wirkola is, so you really don't know what the phrase "jumping after Wirkola" means, Mohamed (38) tells *Varden*. [Wirkola was a legendary ski jumper who was so talented, no one wanted to go after him. In English, we'd say "a hard act to follow"].

Book and YouTube channel

Eventually, Mohamed learned what the Norwegian expressions mean and how they originated. He decided to write a book on the subject for students in elementary school, adult education and high school. *Griseflax!* can be used by teachers or for independent study. A YouTube channel has also been developed that contains videos where words and expressions are explained in Somali.

Mohamed spent two years collecting Norwegian expressions and explaining them to readers. No publisher would accept the book, so he published it himself. Now he hopes the book will be an inspiration and support for teachers and students.

Griseflax!

About the title of the book, Mohamed says to *Varden*:

"I think it was a bit ironic. I am Muslim and do not eat pork, but when you come to Norway you often see smiling pigs as a symbol of something good, like *griseflax* [pig's luck]. It's also about integration, and is an expression in itself, so I think it fits well, he laughs.

litt på norsk... Å kjøpe katta i sekken og ikke skjønn bæret

Han er muslim og spiser ikke gris. Likevel har han kalt debutboken sin for "*Griseflax*". Tittelen kunne ikke være mer dekkende, mener forfatteren selv.



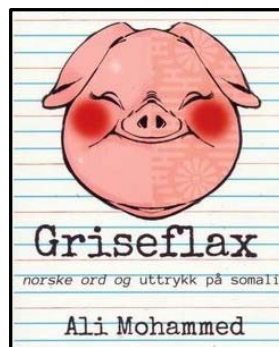
Ali Mohamed kom alene som kvoteflyktning fra Somalia til Norge i 2012. Han ble raskt integrert og fikk etter hvert jobb som tospråklig assistent på Bamble videregående skole i Vestfold og Telemark fylke, forteller avisa *Varden*. Selv om han ble god i norsk, slet han med å følge med i sosiale sammenhenger. Mohamed satt stille på personalrommet mens kollegaene snakket. Han forsto mange ord, men klarte ikke å sette dem i sammenheng eller forstå de norske uttrykkene.

Språkets krydder

For hva i huleste mener nordmenn når de sier at noe går dem hus forbi? Eller når de sier de har kjøpt katta i sekken?

– Norske ord og uttrykk er selve krydderet i det norske språket. Men kommer du fra Somalia vet du ikke hvem Wirkola er, og du vet i alle fall ikke hva uttrykket «å hoppe etter Wirkola» betyr, sier Mohamed (38) til avisa *Varden*.

Bok og Youtube-kanal



Etter hvert lærte Mohamed hva de norske uttrykkene betyr og hvordan de har oppstått. Han bestemte seg for å skrive en bok om emnet for elever i grunnskole, voksenopplæring og videregående skole. *Griseflax* kan brukes i undervisningen eller som selvstudie. Det er også utviklet en Youtube-kanal som inneholder videoer der ord og uttrykk blir forklart på somali.

Mohamed brukte to år på å samle norske uttrykk og forklare dem for leserne. Ingen forlag ville anta boken, så han ga den ut selv på eget forlag. Nå håper han boka vil bli til inspirasjon og støtte til lærere og elever.

Griseflax!

Om tittelen på boka sier Mohamed til *Varden*:

– Jeg synes det var litt ironisk. Jeg er jo muslim og spiser ikke gris, men når en kommer til Norge ser en ofte smilende griser som et symbol på noe bra, som griseflaks. Det handler jo også om integrering, og er et uttrykk i seg selv, så jeg synes det passet bra, ler han.



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



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

Mange Tusen Takk , Carl Rasmussen, Editor



Celebrating our nation's birth and democracy

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 member!

