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Cultural Skills Coord.
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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 5

DISTRICT 5, ZONE 2

SEPTEMBER OG OKTOBER 2023

Fra presidenten:



Vennligfolk Lodge is going to do something very different this September. We are going to

"kickoff" our new season of lodge meetings with a tailgating party on Sunday, September 10th, 1:00 PM at St Paul's United Methodist Church. This will also be a kickoff to the new season of football. Our meeting will start with a lunch provided by some of your officers. Following that, there will be a presentation on a Norwegian athlete, born in a small town near Oslo, who ended up playing for the Packers. This Packer, Jan Stenerud, has a fascinating story of his journey from Norway to the Green Bay Packers. And . . . everyone will be home in time to watch the Packers vs. Bears game that starts at 3:25PM.

We also have a road trip planned for *Saturday, November 18th*. We will be going to the "Clausen Family Christmas on the Farm" show in Coloma, WI. Last year was the first time Arno & I ever went to one of the Clausen Family shows, and we definitely want to go back! The show starts with a delicious meal at 12:30PM followed by a lovely program of Christmas music and dance. All of this takes place in a comfortable, warm barn. (Yes, there are inside restrooms too). Tickets are \$65 per person. Vennligfolk Lodge has reserved 25

seats for this dinner show. If you want to go on this road trip, please call or email me soon. There will also be an opportunity to sign up at our September 10th lodge meeting if any tickets are left. We will be carpooling for rides to Coloma. The dinner show ends by 4:00 PM, so we should be home before dark.

It takes many volunteers to have a successful lodge, and through the years, Vennligfolk Lodge has been blessed with people who faithfully volunteer. At our September meeting you will have an opportunity to sign up for providing refreshments, serving as marshalls, and setting up table displays. It may only be September, but plans for Julefest are in the works, and we need volunteers to help plan this festive event. Please consider signing up for some of these areas.

Thank you again to Carl & Lynn Rasmussen for hosting our "Chill on McDill" lodge gathering in their lovely backyard on August 9th. Check out some of the event pictures on page 3.

As summer ends and fall begins, I am looking forward to our new season of **Vennligfolk Lodge** meetings and activities. See you at our "Kickoff" on September 10th at **1:00PM**.

Hilsen, Susan Morton

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Gratulerer med dagen

Congratulations on the day!

September

LABOR DAY-4
Birdie Granum- 5
Mary Hansen 7
Rich Somers - 14
Nick Verstein - 22
Nancy Schroeder- 25
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

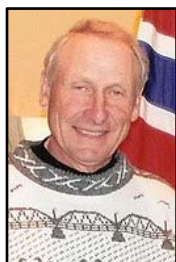
Oktober

Bea Berg- 7
VENNLIGFOLK - 9
LEIF ERIKSON DAY - 9
Barbara Aavang - 16
Karen Clifford - 28

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				

VENNLIGBLAD

What's Happening at Vennligfolk???



Jan Stenerud - Norwegian NFL Kicker & Tailgate Party

Sunday Sept. 10 at 1PM Hear about the life of Norway born, former GB Packer placekicker, and NFL Hall of Famer, Jan Stenerud. The presentation will be by Arno Morton and followed with an indoor, pre-Packer game Tailgate Party at our usual St Paul's Methodist Church meeting room. Festivities will finish with plenty of time for everyone to watch the GB Packers take on their arch rivals, the Chicago Bears at 3:25 PM. Go Pack Go!

Midwest Viking Festival – October 6-7, 2023 - The UW-Green Bay campus will again host the Midwest Viking Festival. This annual Viking Festival explores Scandinavian history and displays daily life of the region from a thousand years ago. The festival celebrates the craft traditions, food, stories, and many other aspects of medieval Denmark, Iceland, Norway, and Sweden. Nearly 3,000 explorers joined the adventure last year! Learn more at: <https://www.uwgb.edu/viking-house/midwest-viking-festival/> Kom igjen



Iola Taste of Norway & Fall Craft-Gift Fair – 10:00 a.m. – 3:00 p.m. Saturday, October 7 at the Iola Historical Society Complex, 210 Depot Street, just west of downtown Iola. Watch Norwegian pastry making, lefse making, and Lost Arts artisans ply their crafts. The event is free. Proceeds from the event are being used to pay for the restoration of the historic 1894 Iola & Northern Railroad depot and other Iola Historical Society needs.

Oct. 8 at 5PM – Regular meeting – Waiting confirmation - watch your email or our Vennligfolk Lodge Facebook site for updates

Nov. 12 at 5PM - Central Wisconsin Symphony Conductor Andy Moran

Saturday, November 18 Clausen Family "Christmas on the Farm" Show Coloma, WI. A fabulous buffet dinner followed by an excellent music show. Doors open at noon with dinner starting at 12:30 PM. The show is done by 4:00 PM. Tickets are \$65 dollars each. 25 seats have been reserved for our Lodge & guests on this date. Ride sharing is being arranged. Contact Susan Morton if you want to join this Vennligfolk road trip adventure!

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 a Lodge office member to find out how.

An invite from Mymarken Lodge of Marshfield:

Saturday, September 9 Mymarken Lodge will host a presentation about **Ski for Light and the Sons of Norway Foundation** by Leslee Lane Hoyum of Minneapolis. An invite to Vennligfolk has been offered. Leslee is a former secretary and Vice President of Ski for Light, immediate past president of the Sons of Norway Foundation and also a recipient of a St Olav Medal from King Harald! Time: 9 AM at Scotty's Pizza, 100 S Chestnut Ave in Marshfield.

Treasurer Judy Pesanka reports: as of August 2, our lodge showed a balance of \$3,512.76.

MidtSommer 2023 at South New Hope Church



Brats done to perfection!



Susan displays her hatchet throwing skill



Chillin' On McDill – August 9



Berries on a Cloud for all!



My Norway Connection ***Grandmother, Martha Hagen Sorensen***

By: Lynn Rasmussen



A picture of a lovely young woman in a white blouse sits centered upon our piano top. She is my grandmother, my father's mother, and my connection to Norway. As she passed away in 1960, I do not have any memories of her, only the stories and pictures that have been passed down. From these, I have pieced together this story and try to imagine what her life was like.

Martha was born October 28, 1884, the third child and first daughter of Ole and Fanny Hagen. She had eight siblings in all. Ole and Fanny had immigrated from Oslo, Norway in 1883 on the sailing ship Geiser and went through immigration in New York. They first traveled to Chicago and then to Washington Island, Wisconsin, with its promise of unlimited hunting and fishing. There, Ole built their home and farm in West Harbor.

Martha's love of nature was passed down from Ole and her expert cooking skills from Fanny. It has been told she loved walking in the woods, identifying the many plants and birds, and at an early age acquired the reputation as a chef that was second to none. She grew up in the busy West Harbor farm home of her parents, and at the age of seventeen went to Chicago where she worked as a housekeeper in a private home until her marriage at age 27, to Jens Sorensen on December 21, 1911.

After their marriage, Martha and Jens lived in Chicago while Jens continued his career in sailing which had begun in 1898 on the Great Lakes Schooner Fleet. All the couple's four sons were born in Chicago and the first and third (who died at birth) are buried there. When the second child was born, Jens was on a ship riding out a terrific storm at Whitefish Bay in Lake Superior. It was four days after son, Stuart, was born before Martha learned that Jens had ridden out the storm in safety.

In 1919, Jens gave up sailing and the couple returned to Washington Island where they purchased the West Harbor Resort and ran until 1947. The success of the Resort during those 28 years was due in large part to Martha's expert handling of both kitchen and accommodations.

During the summer, schooners would run between Chicago and Washington Island. Families would spend the better part of each summer there. It was not unusual to have three generations of a single family as regular repeaters to her hospitality. Her Sunday dinners of fried chicken, homemade bread, buns, and pastries topped off with an unforgettable vanilla ice cream became an Island institution. Of course, the big events like Ole and Fanny's Golden 50th Anniversary in 1930 were held there.



My father would tell stories of growing up at the resort, washing lots of dishes, helping with laundry and making beds. In winter, cutting ice from the harbor to be used for the ice box and making ice cream in the summer. My mother would always tell the story of Martha's desire for her grandchildren to enjoy coffee and as babies would spoon feed them her egg coffee with milk. My sister Sue's memories include her always having a cookie jar on the counter filled with either melt-in-your mouth rolled sugar cookies or chewy molasses cookies. Her baked whitefish and crispy fried whitefish livers were some of Sue's favorites. After an evening of visiting or playing Canasta, she always served a lunch which included fresh baked bread, cheese, meat, canned fruit sauce and cake or cookies.



After selling the resort, she kept busy with family, church and community. She passed away August 4, 1960 and is buried in the Washington Island Cemetery.

I feel her connection, especially when I am cooking. I know she is watching over me with love

Changes to Submitting Cultural Skills Recognition



In April 2021 the procedure for reporting completion of cultural Skills changed. Approval for awarding Cultural Skill pins, now rests locally with each lodge. For Vennligfolk this takes place through our recently appointed Cultural Skills Coordinator, Patti Rous.

Step-by-step instructions for reporting individual skill accomplishments of the various Cultural Skills can be found described in detail on the Sons of Norway website under "Resources for Members." Use these forms to document your skills.

The forms unfortunately still say to send the information to Sons of Norway in Minneapolis! **DO NOT SEND TO MINNEAPOLIS!** There is no one assigned to process the forms there anymore. As a result, those who send their reports to Minneapolis will not get any reply. **UFFDA!**

Follow these steps and you will be on your way to receiving your well-earned recognition and a terrific Cultural Skills Pin as well:

1. Member completes requirements for a given cultural skill.
2. Member submits completed project including written work and photos to local lodge Cultural Skills Coordinator, Patti Rous at rouspatti@gmail.com
3. Local cultural skills coordinator confirms the project is complete.
4. Local cultural skills coordinator orders reward pin, medal, or bar.
5. Award is presented at a lodge meeting.

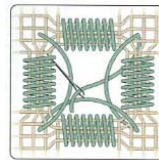
How many Cultural Skills can you name?

The answer is fourteen!



Norwegian Cooking

Norwegian Literature



Hardanger Embroidery

Hand Knitting



Weaving



Norwegian Genealogy

Stamp Collecting



Rosemaling

Ornamental Woodcarving



Chip Carving



Figure Carving

Norwegian Language



Music and Musicians of Norway

Folk Dancing



Classic Gingercake with Brunost

(Norwegian Brown Cheese)

<https://www.livinganordiclife.com/post/gingercake-with-brunost>

By Fiona McKinna, [livinganordiclife.com](https://www.livinganordiclife.com)



Ingredients

For the cake:

- 6 oz. plain, all-purpose flour
- 1½ tsp. baking powder
- 4 oz. brown cheese (brunost)
- 3½ oz. butter
- 3½ oz. sugar
- 2 medium eggs
- 2 Tbsp. milk
- 1½ tsp. ground ginger

For the icing:

- Powdered sugar / icing sugar
- Brown cheese (brunost, or substitute caramel chips)
- Milk

Sift together the flour, ground ginger and baking powder. Cut the brunost into small cubes and toss in the flour. Cream together the butter and sugar until pale and slightly fluffy. Add the eggs one at a time beating well between each. If you find that your mixture is curdling add a spoonful of the flour mix. Fold in the flour and brunost mix and gradually add the milk. Pour the batter into the loaf tin and bake in the center of the oven for about 45 minutes until it rebounds to a light touch or a skewer inserted comes out clean.

Cool for a few minutes in the tin before running a palette knife around the inside. Turn out to cool on a wire rack.

While you wait for the cake to cool, you can make the icing. In a small pan, melt some cubes of brunost with a little splash of milk. Once melted, add enough icing sugar to make a nice smooth, shiny icing. Drizzle over the cake and let it set for a couple of hours. Enjoy in thick slices with a glass of milk or a cup of coffee. **Vær så god!**

Musk Ox Comeback Story

Musk Oxen are the symbol of Dovre National Park in Central Norway. These shaggy creatures roamed the area 30,000 years ago, previously sharing a habitat with woolly mammoths. Unfortunately, all these herds died off in the last ice age.

Known as moskus in Norwegian, the enormous herbivores can now be found in the Dovrefjell region again. But the current populace is not native to the area. In the 1930s through 1970s, repeated attempts were made to introduce musk oxen from Greenland to the rocky plateaus of central Norway.

Though the populace remains threatened, roughly 240 musk oxen dot the region, with 50 new calves born each year. As former Arctic animals, they can easily withstand cold and snow. Though they appear similar to bison, they are more closely related to sheep and goats! A full-grown adult weighs up to 992 pounds, subsisting on a diet of grasses, willows, moss, and lichen.



Photo: Sigbjørn Frengen / Oppdal Safari

They appear laid-back from afar, but gentle giants they are not! Rather than fleeing perceived danger, when in doubt, musk oxen resort to attack mode. In fact, there is a **Musk Ox Code of Conduct** that visitors need to know before hiking in the area- basically, keep your distance and never surprise a musk ox, as they can run almost 40 miles per hour! It is best to take a guided musk ox safari, which assures that you will view them safely.

En glad laks

Translation: A happy salmon

Meaning: A positive and cheerful person

English equivalent would be happy-go lucky



a little in English... Crown Princess Mette-Marit turns 50

Crown Princess Mette-Marit turns 50 on Saturday. Next week there will be a big backyard party at the palace for a double 50th anniversary celebration.

"When you turn 50, you actually realize that life is not endless." Crown Princess Mette-Marit told the magazine D2.

"But there is something very good about this age, too. There is a feeling of security. I am much less concerned with what people think of me. There are other things that are more important now."



The Crown Prince Haakon turned 50 on July 20th

litt på norsk... Kronprinsesse Mette-Marit blir 50 år

Lørdag fyller kronprinsesse Mette-Marit 50 år. Neste uke blir det stor bakgårdsfest på slottet for dobbel 50-årsfeiring.

Når du blir 50, skjønner du faktisk at livet ikke er uendelig. Det sier kronprinsesse Mette-Marit til magasinet [D2](#).

Men det er noe veldig godt med denne alderen også. Det er en trygghet. Jeg er mye mindre opptatt av hva folk tenker om meg. Det er andre ting som er viktigere nå.

Kronprins Haakon fylte 50 år 20. juli.

Gratulerer med dagen

Congratulations on the day!

Public Sauna Opens in Stevens Point



A new public community sauna has opened near downtown Stevens Point called Nordic Night. The facility was developed with the goal of providing a "high quality, authentic community sauna experience" and a place to "rest, reset, recover, and find connection."

The interior space is covered almost entirely in cedar and delivers that incredible sauna cedar aroma. Heat is provided by a clean-combustion, wood-fired Finnish stove that includes 450 lbs. of stone giving "a soft heat and powerful steam." The sauna seats 8 people at a time or, "up to 10 for a snug fit!"

Reservations for single visits can be made on-line for "off-peak" and "peak times." Pre-paid packages are available allowing for multiple returns as an "affordable option to implement sauna as a lifestyle practice."

Nordic Night Sauna is located at 1027 Union Street just north off CenterPoint Drive. More information is available at www.nordicnightsauna.com.

Photo & logo by Nordic Night



Bergen's Walk of Fame



You have heard about the Hollywood Walk of Fame, but did you know the city of Bergen has its own Walk of Fame?

Along the sidewalks of Nøstegate, not far from the famous colorful Bryggen wharf, there are 40 inlaid sidewalk tiles that celebrate the famous sons and daughters of Norway's second city.

Among those honored are internationally-acclaimed musicians, world class athletes, writers, a former prime minister, actors, journalists, artists and more. Each has their own plaque, although composer couple Edvard and Nina Grieg share one.

The star-studded walk was launched in 2015. Citizens of Bergen choose who gets to be inducted next.



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

**Jan Stenerud - Norwegian NFL
Kicker & Tailgate Party
Sunday Sept 10 at 1PM
At Fletcher Hall, St Pauls UMC**



Norway Sweaters

It is believed that Norwegian sweaters have been knitted since the fifteenth century. They were knitted using local wool and plant-based dyes. The original hand-knit sweater known as the lusekofte is named after the "lice" stitch used in the sweater. Some of the other first patterns used in the sweaters were the Selburose motif and the

Fana pattern. Over time, patterns, colors, and styles have evolved with new knitting techniques, tools, and dyes.

Today, Dale of Norway is one of the most well-known Norwegian sweater manufacturers. They have made the sweaters for the Norwegian Ski Team in the Olympics since 1956. The Marius-sweater is the other most common Norwegian sweater. In fact, it is the most hand-knitted pattern in Norway, making it a Norwegian icon.



**Leif Erikson Day
October 9, 2023**

**A Good Day to
Show your
Nordic Colors!**



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