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Karen Trzebiatowski

**Trustee (2020-2022)**  
Tom Johnson

**Trustee (2019-2021)**  
Milo Harpsted

**Trustee (2018-2020)**  
Mark Hansen, Jr.

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

Celebrating  
25 years of Vennlig!

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 27 Issue 2

MARS OG APRIL 2020

Fra  
presidenten:



We did it again! **Vennligfolk Lodge** met the 2019 new member recruitment goal. I recently received an email from Sons of Norway International President Ron Stubbings. Here is a portion of what Ron said:



when she presented, we can read all about it in the *Portage County Gazette*.

My brother, Tom Johnson, was our presenter in January of this year. Tom sent me a note expressing his

*"Congratulations! Thanks to your support and enthusiasm, Vennligfolk Lodge 5-627 is one of the 112 lodges meeting their recruitment goal for 2019. Thank you for welcoming new members to your lodge and showing the warmth of our Sons of Norway family."*

thoughts of that evening, and I want to share it with all of you.

*"We had such a great time at your Sons of Norway Lodge! What wonderful and delightful people! It was a pleasure presenting the program of our Norwegian family's history! I can understand why you and Arno enjoy the Lodge."*

Yes, our lodge is continuing to grow. A big **"Vennligfolk Welcome"** to our newest members, Carl & Jennifer Lemke and Don Romundson.

It is no secret why our lodge continues to grow . . . We are a group of wonderful and delightful people. I look forward to seeing all of you at our next lodge meeting.

Do you know what's happening in March and April? Birthdays! We have 16 members celebrating birthdays during these two months. That's one-fourth of our membership. "Happy Birthday" and **"Gratulerer med dagen"** to our 16 members who celebrate another year in March and April.

*Vennlig hilsen,  
Susan Morton*

If you get the *Portage County Gazette*, I hope you have been reading the articles written by **Vennligfolk Lodge** member, Dr. Gene Numsen. Gene is writing about his wife's fascinating life as a child in Europe during WWII. Some of our longtime members remember when Gena Numsen shared her life story at a lodge meeting. For those of us who did not hear Gena's story

Recruit a new  
member in 2020  
and receive this fine  
Recruiter Pin from  
Sons of Norway



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## Gratulerer med dagen

Congratulations on the day!

### Mars

- Phillip Peterson -10
- Cathy Williamson- 14
- Diane Beversdorf - 14
- Patti Rous - 17
- Jerry Trzebiatowski - 21
- Adam Johnson – 25

March						
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				

### April

- Don Johnson - 1
- Martin Lieber – 2
- Charolene Lieber - 7
- Jane Gjevre - 10
- George Alfsen - 11
- Tracy Johnson - 12
- Daniel Walvig - 12
- Charlotte Hensler - 15
- Gary Anderson - 27
- Mark Hansen - 29

April						
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		

VENNLIGBLAD

# What's Happening at Vennligfolk???

**March 8, 2020 5PM "The Buzz on Bees"** Bees provide us with honey and pollinate our crops, yet their very survival is imperiled. Bee enthusiast, Pamela Fleishauer will provide a short history of our long relationship with bees, current bee keeping practices and what can be done to encourage the survival of honey bees and other pollinators. Pamela will bring a hive, frames and other bee equipment for viewing.



**Servers:** Elaine Anderson, Karen Trzebiatowski, Lynn Rasmussen  
**Marshall:** Mark Hansen

**April 5, 2020 5PM "A Norwegian's Battle for Breath"** Jedidiah & Kendra Haas will talk about Jedidiah's diagnosis at an early age, his battle with Cystic Fibrosis, receiving a double lung transplant in 2017 and his inspiring message of hope and faith. The couple call it "Living with CF and winning." May is CF Awareness Month. **Servers:** Don & Lori Johnson, Louise Lang, **Marshall:** Don Johnson (Because of Easter, note our earlier monthly meeting date!)



**May 3, 2020 5PM "Our 2019 Norwegian Experience"** Cindy and Mark Kluck will describe their "dream-come-true" 4-week trip to Norway complete with cozy visits with 26 cousins; fun surprises; stops at ancestral homes; and thrilling scenery. **Servers:** Lois Hagen, Charlotte Hensler, Donna VanDreser  
**Marshall:** Mark Hansen (note earlier monthly meeting date due to Culturalfest!)

**May 9 2020 (Saturday) Cultural Fest 2020** Food, Fun & Music from Around the World. Save the date and make plans to participate in this primary fundraiser for our lodge. 10am - 5pm - Stevens Point Area Senior High



**June 23 (Tuesday) Midtsommer Gathering at the Rasmussen's in Stevens Pt.** Enjoy a potluck meal, beautiful views of McDill Pond, an outdoor bonfire, a game or two of KUBB, great Norsk fellowship and maybe a boat ride. Meat, coffee and service-ware will be provided by the Lodge. Check the next Vennligblad edition for time and location details

## Other Events of Interest

**April 22 2020 (Wednesday) 5:30PM Scandinavian Food Night** St Pauls UMC weekly church supper has "themed" meals once a month. UMC members Carl and Lynn Rasmussen agreed to coordinate a Scandinavian themed meal for April 22. Vennligfolk members are invited to join the meal. A sign-up sheet will be passed at our March 8 Lodge meeting for an attendance count and for those who can help with some of the food and preparation. (Clean-up by St Pauls members)



## District 5 Sons of Norway 2020 Convention Our History: A Continuous Journey

**June 25-27, 2020**

**Madison West Radisson Hotel**

**Idun Lodge 5-074, Madison** will host this convention of the 45 Lodges of District 5

Vennligfolk Lodge will have three lodge members attend as voting delegates

Other Lodge members can attend as non-voting members and participate in the many cultural and informational events. Registration \$25 – check the next Vennligblad edition for details

# A Look Back at 2019 at Vennligfolk Lodge 5-627



**Cultural Fest  
May 2019**

**Remembering Marvin Lang  
July 1, 1939 - March 23, 2019**



**Midtsommer  
June 20, 2019**



**Skills Pin Award**



**DID YOU KNOW...**

Many of our newest members say **YOU** are the reason they are loving their new membership. They share what they enjoy about Sons of Norway:

- “Community, friendly, great people”
- “Fun activities, nice people, quality programs”
- “It's a great group that share a common interest”
- “Friendly, community oriented”



Keep up the great work welcoming new members to our Sons of Norway family!

**Vennligfolk Now on Facebook!**



Search for @sofnvennligfolk; or, SOFN #5-627 Vennligfolk Lodge on Facebook. Click “Like” and “Follow”. Kathy Clucas and Patricia Serio are willing to help



you get going if you need help.



**Bergens Fiskesuppe (Bergen Fish Soup)**

Source: [www.food.com](http://www.food.com)

**Ingredients For the Fish Stock**

- ¼ Cup coarsely chopped parsnips
- ½ Cup coarsely chopped carrots
- 1 Large yellow onion coarsely chopped (approx. ¾ cup)
- 1 Large potato coarsely chopped (approx. 1 cup)
- 1 Tsp Salt
- 6 Whole peppercorns
- 1 Tbsp chopped parsley stems
- 1 Bay leaf
- 3 Celery ribs with leaves
- 2 Lbs. Fish trimmings (Heads, bones, etc. . .washed)
- 4 Quarts cold water



**6 servings**

**Directions For the Fish Stock:**

- Step 1 To prepare the base for this soup, combine the ingredients for the Fish Stock in a 4- to 6-quart stock pot.
- Step 2 Bring the ingredients to a boil, turn the heat down to low and simmer for 30 – 40 minutes.
- Step 3 Strain the stock you have made through a sieve into a large bowl, press down on the vegetables and fish trimmings to extract any remaining juices before getting rid of them.
- Step 4 Wash your stock pot and return the stock to it. Boil the stock rapidly, uncovered, for about 20 minutes until it is reduced to about 6 cups.
- Step 5 Strain the reduced stock through the sieve once more.

**Ingredients For the Soup**

- ½ Cup coarsely chopped carrots
- ¼ Cup coarsely chopped parsnips
- 1 Lb. Halibut, Cod or Haddock, boneless and in one piece
- 1/2 Cup leeks finely sliced, only the white parts
- 2 Egg yolks
- Sea salt & freshly ground pepper to taste
- 3 Tbsp finely chopped parsley (for garnish)
- 6 Tbsp sour cream (for garnish, optional)

**Directions For the Filling**

- Step 1 Pour your stock into a 6-quart stock pot. Add the carrots, parsnips and fish. Heat to boiling and then lower the heat and simmer uncovered for approximately 10 minutes.
- Step 2-add in the leeks and simmer for another 2 – 3 minutes
- Step 3-Remove your soup from the heat and gently lift out the fish with a slotted spoon and set aside.
- Step 4 Beat the egg yolks in a small bowl with a wire whisk, add in about ½ cup of hot soup 1 Tbsp at a time.
- Step 5 Add the soup and egg yolk mix back into the soup, slowly beating continuously with a whisk.
- Step 6 Flake the fish that you have set aside with a fork and add it to the soup.
- Step 7-Season to taste with salt and pepper. Do not let the soup return to a boil.
- Step 8-Serve garnished with the chopped parsley and 1 Tbsp of sour cream.

### Flying Wind Turbines Show Promise in Norway

A new flying wind turbine was tested off the coast of Norway recently, with promising results for the future of offshore wind power generation.



Floating wind turbines already exist, but they are unusable in many ocean areas because the water is too deep. The new technology, which uses a kite-like design tethered to a buoy, could dramatically expand the potential for offshore wind-power generation. Makani, the company behind the tests, says the deep-water turbines could eventually supply electricity to hundreds of millions of people.

In addition to operating in deeper water, the new technology has other advantages over traditional wind turbines: They can operate at higher altitudes, where wind currents are more reliable, and they also require less building material and are far cheaper to build and install.

If they prove to be successful, the turbines could be of particular interest to Norway as it eventually seeks to replace its current exports of oil and gas with more sustainable sources of energy.



image Credits: <https://makanipower.com/>

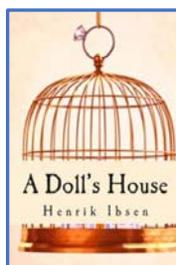
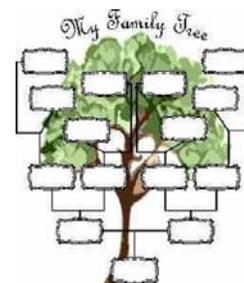
### Cultural Skills Corner



**Stitchers**-The group has been meeting on the 4<sup>th</sup> Wednesday of the month. Call Karen at 715-824-7679 or send an email to: [Karentrzeb@gmail.com](mailto:Karentrzeb@gmail.com) Join the fun and see what you've been missing.

**Member Mark Hansen** has been learning a new skill!

The **Genealogy Group** will meet at St Pauls UMC on the 4<sup>th</sup> Tuesdays of the month at 7PM (March 24 & April 21). New folks are always welcome. Any questions call the group leader, Mark Hansen at 715-498-4155.



**Reading Group** is done meeting and are now working on their individual projects. If anyone needs help or information call or email Karen. This goes too for any of the 14 different Cultural Skill activities that can be pursued on your own or in a group. Information and videos are also available at the SON website ([sofn.com](http://sofn.com)).

### Shawnee Skogen Lodge 5-689 Looks for Cultural Skills Speakers

Shawnee Skogen Lodge 5-689 in southeast Illinois has put out a request to anyone who might consider traveling to do a Cultural Skills program on, i.e., rosemaking, wood carving, knitting, chip carving. . . the list goes on. Skogen is a new lodge and, "we don't have a lot of money, but could pay for gas and house you." They are in Illinois Wine Country if that has appeal. Contact: [billb763@msn.com](mailto:billb763@msn.com) or [wendyathadeland@yahoo.com](mailto:wendyathadeland@yahoo.com)



## Introducing: Jen Haas

Hello! I'm Jen Haas, better known as your Vennligfolk "assistant Nisse elf." I've been a member of our lodge since 2015, after being invited by Arno Morton to join. Actually, joining SON has been on my personal "bucket list" for at least 30 years!

I was born a long time ago in Williston, North Dakota to an almost "pure" (part Swedish) Norwegian Dad & Scotch/Irish Mom. Most family customs we grew up with were very Scandinavian, but I really did not even realize it until many years later.

My Grandma/Grandpa spoke Norwegian together and I remember my Grandpa praying in Norwegian before family meals. We learned to drink very strong coffee out of a saucer and make lefse and other custom foods at a very early age.

After losing my Mom at 10 years old, my Dad remarried a great woman who although not Norwegian, loved my Dad's family customs. She had a commercial kitchen in our home where she made

lefse to sell to the local grocery stores. Growing up with fresh lefse on our table each day probably is why it's still my #1 favorite food!



My family and extended Norwegian family were also extremely musical, having a family band that went back as many generations as I can find. For that heritage, I'm so thankful.

I've lived in Stevens Point since 1986, moving here with my husband and three sons as church planters with the Baptist General Conference.

I am an interior decorator specializing in helping people "love what they have", and I am honored to run a fun design/artisan Studio in Nelsonville with Alchemy Concrete. I have three awesome grown sons, three incredible daughter-in-loves, ten priceless grandkids, and three grand-doggies.

**From the Editor:** Over the next year we'll look to do articles on both new and long-term members. Lodge members are asked to submit short introduction articles on their own or kindly respond when asked.

*Tusen Takk, Carl R. Editor*

## Bergen Nears Electric Vehicle Milestone

Soon one out of every five cars on the road in Bergen, Norway will be an electric powered vehicle (EV) according to the **NORWEGIAN** newspaper. Hitting this mark will put Bergen in number one spot in the world with that percentage of EVs on the road. The Sept-Oct Vennligblad shared how nearly 60% of all new automobiles offered for sale in Norway in 2019 were electrical with USA's Tesla being the #1 seller.



Some of the 10,000 charging stations in Norway



## Hurtigruten's 2nd Northwest Passage

In 2019 Norway's Hurtigruten cruise line launched a new ship the **MS Roald Amundsen** and sailed through the legendary Northwest Passage. The ship line will repeat this 29-day journey again in 2020. The trip beginning in Nome, Alaska follows the Alaskan north coast and then sails into the heart of the Northwest Passage of north Canada. Emerging from the passage two weeks later, the modern cruise ship then makes four day-stops along Greenland's west coast before ending in Halifax, Nova Scotia. The trip leaves August 16. Prices begin at \$27,000 per person.

*a little in English...***6 Things You Didn't Know About Ice**

Ice is solid water. It plays an important role for our globe. Climate scientists Anne Britt Sandø and Vidar Lien explain some of ice's secrets.

**1. Two types of ice on Earth**

On Earth, there are two types of ice: What scientists call land ice consists of fresh water, while sea ice consists of salt water.

"In the sea ice, salt is gradually excreted. So new sea ice has a lot of salt in it, while old sea ice will be quite fresh, says Lien.

What happens inside the ice is that the salt is squeezed into pockets that get very high salinity. Eventually, these pockets begin to melt, and the brine makes small irrigations in the ice before it eventually runs out. Thus, the sea ice becomes fresher and fresher. Fresh sea ice can have more than two percent salt, while seawater typically is between three and 3.5 percent salt, the scientists explain.

"Old sea ice contains less than one percent salt," says Lien.

**2 The world's oldest ice**

"The southernmost continent of the globe has an extra layer of 'insulation' that keeps it cold. The ice you find on the bottom of the Antarctic ice deck is about a million years old. The oldest ice core taken from it is 800,000 years old, while the oldest ice in Greenland is about 100,000 years old," says Lien.

**Other facts about ice:**

3. Saltwater mostly freezes at -1.8 degrees [Celsius, or 28.7 degrees Fahrenheit]. Fresh water freezes at zero degrees [Celsius, or 32 degrees Fahrenheit].

4 About 10 percent of the world's land area and about seven percent of the seas are covered by ice.

5. Ice reflects away 90 percent of the sunlight.

6. The ice caps in Greenland and Antarctica are so large that they affect the earth's gravity.

*litt på norsk...***Seks ting du ikke visste om is**

Is er vann i fast form. Den spiller en viktig rolle for kloden vår. Klimaforskerne Anne Britt Sandø og Vidar Lien forklarer noen av isens hemmeligheter.

**1. To typer is på jorden**

På jorden finnes det to typer is: Det som forskerne kaller landis, består av ferskvann, mens sjøis består av saltvann.

I sjøisen blir saltet etter hvert skilt ut. Så ny sjøis har mye salt i seg, mens gammel sjøis vil være ganske fersk, sier Lien.

Det som skjer inni isen, er at saltet blir klemt sammen i lommer som får veldig høy saltholdighet. Etter hvert begynner disse lommene å smelte, og saltlaken lager små irriganger i isen før den til slutt renner ut. Dermed blir sjøisen ferskere og ferskere. Fersk sjøis kan ha mer enn to prosent salt, mens sjøvann typisk ligger på mellom tre og 3,5 prosent salt, forklarer forskerne.

Gammel sjøis inneholder under én prosent salt, sier Lien.

**2. Klodens eldste is**

Klodens sørligste kontinent har et ekstra lag med «isolasjon» som gjør at det holder på kulden.

Isen du finner på bunnen av isdekket i Antarktis er rundt en million år gammel. Den eldste iskjernen hentet derfra er 800,000 år gammel, mens den eldste isen på Grønland er omtrent 100,000 år, sier Lien.

**Andre fakta om is:**

3. Saltvann fryser stort sett på 1,8 minusgrader. Ferskvann fryser på null grader.

4. Omtrent 10 prosent av verdens landareal og cirka syv prosent av havene er dekket av is.

5. Is reflekterer bort 90 prosent av sollyset.

6. Iskappene på Grønland og i Antarktis er så store at de påvirker jordens tyngdekraft.



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



**SAVE THE DATES!**  
 Sunday, March 8, 2020  
**"The Buzz on Bees"**  
 By Pamela Fleishauer

Sunday, April 5, 2020  
**"A Norwegian's Battle for Breath"**  
 By Jedidiah & Kendra Haas

 **CYSTIC FIBROSIS**

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'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](mailto:Vennligblad@gmail.com)  
*Mange Tusen Takk, Carl Rasmussen, Editor*



**Support Tubfrim.** As you receive mail with postage stamps, cut the postage off leaving a ¼ inch boarder of paper. Bring your stamps to the next regular Vennligfolk meeting.

 **SONS of NORWAY**

**Celebrating 125 Years**

**Sons of Norway celebrates 125 years beginning January 16, 2020. Watch for celebration activities and commemorative items.**

*Celebrating 25 years of Vennlig!*

**Vennligfolk Lodge 5-627 began celebrating our 25<sup>th</sup> year as a chartered lodge October 9, 2019 Leif Erikson Day**

**Norway Opens Indoor Ski Resort**

In January Norway opened an indoor ski resort about 10 miles north of Oslo. The 54,000-square-foot structure features a 1,600-foot downhill slope and a cross-country track almost a mile long. The developers constructed the facility in part to extend the winter ski season which has diminished from an average 140 days per year from 1900 to 1980 to a current 100 days per year. January 2020 was the warmest on record in Oslo since measurements began 141 years ago.

