



**SONS of
NORWAY**

Kristiania Lodge 1-047

KRISTIANIA *POSTEN*

Rochester, Minnesota

Phone: 507-512-0279

Web page: www.Kristiania1-47.org

Facebook: [@sonsofnorwaykristiania.org](https://www.facebook.com/sonsofnorwaykristiania.org)

MARCH 2022

Volume 2022 Number 3



COMING KRISTIANIA EVENTS

(All events held at Our Savior's Lutheran Church unless otherwise noted.)

March 10	Board meeting	6:00 pm
March 10	Chapter meeting	7:00 pm
	Program: Hakon Torjesen Tells His Story (see p. 3)	
	Girl Scout Cookies To-Go	
March 31	Scholarship application deadline	
April 7	Board meeting	6:00 pm
April 7	Chapter meeting	7:00 pm
	Program: Viking Runes through Stories, Songs, and Archeological Finds with Kari Tauring	

HILSEN FRA PRESIDENTEN

I hope this month's *Posten* finds you and your family healthy and safe. We recently were able to host an event virtually. Our speaker was Dr. Ole O. Moen, who joined us via Zoom from Lillehammer, Norway (so cool). Dr. Moen's talk focused on the influence of the American Constitution on the Norwegian Constitution as well as on the relationships between the two countries. It was very interesting and wonderful to see everyone. Thank you, **Erling**, for setting this opportunity up. We look forward to future events and opportunities led by you and **Shelly**!

We are looking forward to being able to attend in-person meetings starting in March. We are hoping that things will continue to improve so we can return to our monthly in-person meetings including sharing meals.

As we continue our in-person meetings, please keep in mind we have several board positions available. If you are interested in any of the positions or in volunteering in general, please reach out to any of us on the board. The current open positions, which have varying duties and time commitments, are Vice President, Librarian, and Foundation. In order to keep our lodge strong and healthy, we need to ensure continuing leadership and volunteers.

—**Erica Ward**, *Presidenten*

The mission of Sons of Norway is to promote and to preserve the heritage and culture of Norway, to celebrate our relationship with other Nordic countries, and to provide quality insurance and financial products to its members.

SUMMARY OF KRISTIANIA BOARD MEETING, Feb.10, 2022

The board met on February 10 via Zoom. The secretary's minutes, the treasurer's report, and the financial report were all accepted. **Erica** noted that the Vice-President position remains open.

Social: In-person chapter meetings are planned for March 10 and April 7. Eating and drinking will probably not be allowed at these meetings. The board was asked about co-sponsoring an event with the Stoughton Dancers along with the Winona lodge. More information would be needed, but the board agreed to explore the opportunity.

Cultural: Dr. Ole Moen will be speaking via Zoom on Feb 19 at 10 a.m. Information will be provided for connecting to the talk via telephone. Members are welcome to contact **Shelly Spallees Hansen** about earning Cultural Skills Medals.

Newsletter: The printer has been efficient in producing the newsletter, but delivery by the post office has been slow. Because the yearbook is on hold, email addresses of board members will appear in future editions of the newsletter.

Old Business: The lodge is switching telephone service from land line to a trac phone. Because our former service was a business account, we cannot keep the old number, so the phone number will change.

New Business: Convention: Delegate names need to be reported to District 1 by March 15. Delegates need to book their room at Cragun's by March 31; the lodge pays for delegates to attend the convention. The board voted to pay for an advertisement in the District 1 convention handbook.

Dahlia Ward Girl Scout Proposal: The board voted (with **Erica** abstaining) to buy 50 boxes of Girl Scout cookies from Dahlia Ward. Each family unit attending the March 10 chapter meeting will be given a free box of cookies to take home.

— **Kristi Simmons**, Secretary

(The official minutes of this meeting are on file with the secretary pending approval at the March 10 board meeting. —Editor)

Attend the March Chapter Meeting and get a box of Girl Scout Cookies to go!

It has been some time since we've met! We'd like to welcome everyone to the March 10th chapter meeting with a free box of Girl Scout Cookies To-Go!

One box of cookies will be given to each household for the first 50 households in attendance. The cookies should be taken home to enjoy, as we are not having refreshments on site at this time.



Check us out on Facebook

Lodge event photos, interesting articles, and meeting reminders are on Facebook! Our lodge page is public, which means **you don't have to have a Facebook account** to view our posts. Go to:

<https://www.facebook.com/sonsofnorwaykristiania/>

Weather-related announcements will be communicated through Facebook.
—**Lisa Fenton**, Webmaster

2022 Kristiania Board

President	Erica Ward	emaaien44@gmail.com
Vice Pres.	Vacant	
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Coordinator		

SCHOLARSHIP ANNOUNCEMENT — 2022



Our lodge will be granting \$1,000 scholarships to students enrolling in a college, university, community college, or technical school for the fall term beginning in September. The 2022 application form is now available on our website, Kristiania1-47.org. See announcement in January and February *Posten* editions.

— **Carol Lucido**, Scholarship Chair

TUSEN TAKK to the auditors!

Treasurer **David Anderson** and Financial Secretary **Wayne Rogelstad** thank **Carol Volstad** and **Bruce Bjorgum** for their work auditing the 2021 Kristiania financial records on February 9. The required report has been submitted to the international office.

Newsletter delivery time

Difficulties in the postal system caused a delay in the delivery time of the February *Posten*. You are able to view the most recent edition of the newsletter on the lodge website or on Facebook soon after it is delivered to the USPS bulk mailing site.

March 10 Meeting Program Note

Hakon Torjesen was born in Kristiansand, Norway, to missionary parents. When he was 4 months old he traveled the Trans-Siberian Railway to China, where he grew up. He and several family members spent 3 years in a Japanese prison camp from 1942-45. In late 1945 the family was liberated by paratroopers and came to the US. It took him many months to acclimate to life in the USA. Hakon attended Trinity Bible School and the University of Minnesota, and now at age 92 lives in Kenyon, MN. Come listen to Hakon's amazing, inspiring life story.

—Lisa Fenton, Social Director

CULTURAL CORNER

NORWEGIAN FLATBREAD (*FLATBROD*)

Norwegian flatbread is traditionally served with butter, as a side to meat and potato-based meals. For special occasions, it may be served with cheese or jam.

Prep time—20 min. Cook time—10 min. Total time—30 min. Yield: 8 large rounds

INGREDIENTS

- 1 ½ c. whole wheat flour
- 1 ½ c. all-purpose flour
- 1 teaspoon baking soda
- ½ teaspoon salt
- ¼ cup vegetable oil
- ¾ cup buttermilk, room temperature

INSTRUCTIONS

1. In large mixing bowl, sift together flours, baking soda, and salt. Add vegetable oil and mix well.
2. Add buttermilk. Knead dough for a minute or so on a well-floured surface.
3. Preheat oven to 350°. Cover dough with a damp paper towel when not using. Take approximately ¼ cup of dough, roll it into a ball, and proceed to roll it out with a rolling pin on a floured counter top. I like my flatbread very thin and crispy, like a cracker. Place rounds onto a cookie sheet. Bake for 10-12 minutes, until flatbread is lightly browned and crisp

—submitted by Shelly Spallees Hansen, Cultural Director

Late Iron Age Longhouses Discovered in Southeastern Norway

In early December 2021, Norwegian archaeologists discovered a cluster of Viking longhouses using ground-penetrating radar. The discovery was made in southeastern Norway, Gjellestad to be exact, and was believed to be a main place in the late Nordic Iron Age. Viking longhouses were long, narrow buildings used for housing feasts, families, and even cattle or horses in the winter months.

The most notable part of the unearthing was the size of one of the longhouses. Archaeologist Lars Gustavsen stated, "The most striking discovery is a 60-meter (197-foot) long and 15-meter (49-foot) wide longhouse, a size that makes it one of the largest we know of in Scandinavia." The archaeologists do not yet know how old the houses are or what exact function they served but they plan on doing excavations and dating exercises to answer these questions. Additionally, the radar found burial mounds nearby which weren't as surprising, as there are others in the surrounding area, but examining the mounds near the longhouse will help them get a more complete picture.

—Sons of Norway Newsletter Service

FROM OUR FINANCIAL BENEFITS COUNSELOR

Hello, Sons of Norway members,

I thought I would do a quick review in this month's article of what Sons of Norway's annuities offer.

They.....

- protect your principle and gains during market volatility.
- help you avoid poor market timing in case you retire in a down year or negative market cycle.
- help keep pace with inflation.
- offer access to penalty-free withdrawals.
- enable you to take advantage of tax-deferred growth potential.
- secure a steady and predictable stream of income.
- offer guaranteed income for life.

Please contact me to find out more about Sons of Norway's annuities or any of our other life products.

—Len Carlson, 1-651-253-2943,

Len.carlson253@gmail.com

Lodge's Liability Insurance

Kristiania lodge is covered by a liability insurance policy from Aon Risk Services Central through Sons of Norway International.

You Have Mail! Send us an Email!

We would like to update the Lodge Email and telephone contact list. **Please send us an email** at: info@kristiania1-47.org and include your name and phone number. Please tell us if we can send text messages to that number. *Takk!*

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