

Solglimt Posten

Volume XLV, No. 7

July, 2020

Visit

www.solglimt.org



The mission of the 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.

Lodge Meeting

No Meeting this Month

You'd be encouraged to go to Nordic Fest in Decorah, on July 24,25&26, however, it's been cancelled. You'll have to make your own parade, *lefse*, *krumkake*, museum---etc. Here's a *lefse* recipe for you!

Lefse Recipe

Yew tak yust ten big potatoes.
Den yew boil dem till dar done.
Yew add to dis some sweet cream
An by cups it mayshers vun.

Den yew steal tree ounces butter
An vit two fingers pinch some salt.
Yew beat dis wery lightly.
If it ain't gude --- it is your fault.

Den yew roll dis tin vit flour.
An light brown on stove yew bake.
Now call in all *Solglimt* members
To try da fine *Lefse* yew make!

Or you can just keep the *lefse* and bring it to our Pot Luck Picnic in August. (Hopefully, we'll be able to meet on August 25th at the Cedar Falls Island Beach House.)

Our Viking Ship sponsor for July is **Keith Jorgensen**, and for August, **Lisbeth Konig**. The sponsorship donation of \$35 should be sent to treasurer **Jim Miller, 1727 Four Winds Drive, Cedar Falls IA 50613**. Hopefully we'll have a meeting in August and people can sign up for September through May!

Fra Presidenten

Greetings!

Under normal circumstances, the Lodge President's Message in July would



include a recognition of and thanks to those involved in the planning of our Sturgis Falls booth, the workers who prepared and sold food items, the set-up and clean-up crews, and those who contributed baked goods and money.

We missed Sturgis Falls, which not only was our major fundraising event, but an opportunity to promote our presence in the community and meet potential members. We can still help our lodge financially by making a donation or inviting a friend to our next gathering—the potluck picnic on August 25th, if the coronavirus situation improves.

Some of the lodge officers may have contacted you in a gesture of friendship. It is always good to keep in touch with each other, and you are encouraged to make phone calls or send a note to another lodge member.

Keep well and stay safe!

With warm regards,

Clare Palmer, President



Secretary's Notes, June 16, 2020 Business Meeting

President Clare Palmer called *Solglimt's* business meeting to order on Tuesday, June 16, at New Aldaya in Cedar Falls with **Jon Tehven, Keith Jorgensen, and Eunice Becker** attending.



The minutes of the March meeting were reviewed and approved as written (**Keith/Jon**).

Treasurer Jim Miller reported (via email) receipts of \$419.40 and disbursements of \$200, leaving a balance of \$4,522.13 in the Lodge operating account as of May 31.

Jon Tehven reported membership at 91 as of June 1. It was suggested that sponsors of new members be encouraged to maintain contact with them by reminding them of meetings or events, asking if they need a ride, etc., or just to say hello.

Deadline for reports and news items for the August POSTEN is July 25. (Note: A July issue was later announced with a deadline of July 1 and the deadline for August moved to Aug. 1) **Editor Gloria Tehven** was commended for keeping members connected during the pandemic with her news items and interviews with members in the May and June issues.

Jon will be pursuing other options regarding the logo redesign which has been on hold.

It was suggested that the Lodge's 45th anniversary program originally scheduled for May be given as part of the August picnic. Charter Members will reminisce about the early beginnings of the Lodge in 1975.

After review some changes in the wording were made, but Lodge Goals remain the same: Membership, Member Involvement, Family/Youth, Foundation, and Volunteering.

The August picnic is still planned for the 25th at the Cedar Falls Boat House. **Keith** will check on reservations for that date.

Any action on how to make up for lost revenue from the Sturgis Falls cancellation was delayed until it is known whether or not any SF events will be scheduled for later in the summer.

Proposed revisions and updates to Lodge Policies and Procedures were discussed and will be revisited at a later date along with By-Laws, Foundation and speaker honorariums.

The Lodge intends to keep in contact with its membership via phone and email.

Keith reported on his activities as Zone 7 Director in District 1.

The next business meeting is scheduled for Tuesday, July 21, at NewAldaya, 11:30 am.

Future Lodge meetings and events remain on hold until pandemic guidelines have been determined.

As there was no further business, meeting adjourned.

Respectfully submitted,

Eunice Becker, Secretary

Lodge Member News

Congratulations to **Kris Meyer!** She was selected as one of the 2020 National distinguished Principals. This year only two principals from private schools were selected. **Dr. Meyer** will be traveling to Washington DC to receive this award.

Kris is retiring after serving five years as the principal of St. Paul's Lutheran School.

She was honored in the June 12, 2020 Norwegian American. Her son, Andy, is an assistant editor of the Norwegian American.



During this time of pandemic and the closure of churches, St. Paul's has provided, via streaming, services daily at 4:30 pm. On Thursdays, **Kris** shares "*Principally Speaking*". Each week she's been sharing her positive experiences as the School's principal with students, parents, faculty, and members of the congregation. (Starting July 16 her replacement at the school will do the program.)

Check it out at www.stpaulswaverly.org

Messages from Members

From Sharon and Ron Lance:

Sharon and Ron Lance returned from Texas on June 6th. They had Mother's and Father's Day with their family and celebrated at Famous Dave's BBQ and had a great time for all of the family. They have also been busy power washing and cleaning their outside decks, patio and furniture so they can entertain when it's not raining. Both are healthy, no virus!



From Howard Braden:

Howard lived in Hudson for 50 years and worked as a John Deere tractor mechanic for thirty of those years. He drove to Marshalltown and volunteered at the Veteran's Home helping residents get to group activities. He proudly reported that his volunteer time amounted to 2,000 hours. **Howard** is "doing fine" and grateful to be at Wind Haven.



From Hovey Brom:

Hovey drove a tank in General Patton's army in WWII after the Battle of the Bulge. He also helped in clearing beaches of mines for three weeks using the tip of his bayonet, since there were no mine detectors. **Hovey** is willing to share his many war stories and personal experiences with our lodge. He is well and is still working.



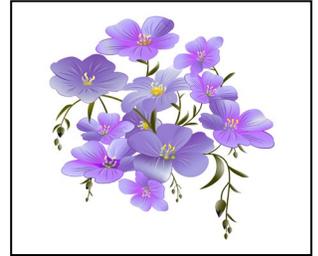
From Lori Devries:

Lori has been through a stressful situation: sewer backup in the basement of her Waterloo home. Her husband was on KWWL news showing the damage done to their home and others in their area. They and their neighbors attended a city council meeting where they voiced their concerns and requested sewer line improvements.



From Audrey Fimreite:

Audrey's two grand daughters recently graduated from high school – one in Dallas, Texas and the other in Wichita, Kansas. She traveled to see them and was able to celebrate with their families. **Audrey** states that "everything's okay" with her and she stays connected with her friends.



Sorry - no picture of Audrey

From Eloise Nelson:

During this pandemic time, **Eloise** has been making face masks and a friend of hers takes them to churches and medical facilities. She always wears a mask when going out. She's up at 5:15 am and swimming at the Wartburg – Waverly Athletic Center. She's also doing a lot of reading, along with caring for her daughter's dog.



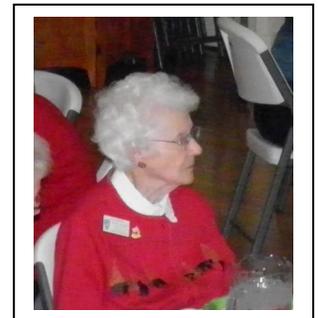
From Carol Pett:

Carol keeps busy working part-time at Bartels Lutheran retirement Community in Waverly.



From Lois Osness:

Lois misses meeting with her *Solglimt* friends. She reads a lot, both fiction and non-fiction and does an occasional jig saw puzzle. She keeps in touch with her friends and has a daughter in Janesville and a son in Ames.



From Kamma Pillion:

Kamma is in Manor Care Retirement Community. Because of the pandemic, she stays in her room and meals are brought to her. She keeps in touch with her daughter.



Sorry, no picture of Kamma

From the Family of Dorothy Sundet

Dear Sons of Norway,

I so loved watching Mom & Dad's great involvement in Solgimt Chapter over the years! Thank you for being such good friends! We appreciated receiving many wonderful sympathy cards for Mom and were so happy that many of you came for her funeral service!

Enclosed please find memorial donations we'd like to give - to use wherever you think would be best.

Marcia [Klinefelter], Mike, Erik, Mark, Diane, **John [Sundet]**, Barbie & John



Editor's Note: The memorial donations were given to *Solgimt* Lodge to use as we think best.

Some Ways to Beat COVID-19

Don't hop on the bus, Gus,
Stay away from the pack, Jack,
Sneeze into your sleeve, Steve,
To keep virus free.

Stop touching your face, Grace,
Stay back to six feet, Pete,
Keep washing your hands, Stan,
And heed the CDC.

Don't visit your gran, Jan,
Wipe down every toy, Roy,
Don't hoard all the food, dude,
Please buy sensibly.

This isn't Spring Break, Jake,
Stay home if you're sick, Dick,
Just follow the rules, fools,
And stay virus free!

"UFF DA!"

"UFF DA!" These are words that can save us all! Two simple ethnic words that contain the sum of human existence. Two simple words which rumble up out of the Northlands, charge their way out of the fjords, boldly grow and build until they deafen mortal ears. "UFF DA!"

What would a Scandinavian chant if he sat lotus-positioned contemplating his navel? Why, "UFF DA!", of course. For *UFF DA* is ALL. It identifies with everything and everybody. It is the Phrase of All Persons.

"UFF DA" is having Swedish meat balls at a *lutefisk* dinner.

"UFF DA" is waking yourself up in church with your own snoring.

"UFF DA" is sneezing so hard that your false teeth end up on the bread plate.

"UFF DA" is forgetting your mother-in-law's first name.

"UFF DA" is when two steady girlfriends find out about each other.

"UFF DA" is trying to dance the Polka to Rock and Roll music.

"UFF DA" is walking downtown and then wondering what you wanted.

"UFF DA" is spending two hours cleaning your room and having Mom say "UFF DA".

"UFF DA" is looking in the mirror and realizing you are not getting better—you're getting older.

"UFF DA" is remembering the 55 mile an hour speed limit just as the red lights start flashing in your rearview mirror.

"UFF DA" is noticing non-Norwegians at a church dinner using *lefse* for a napkin.

"UFF DA" is to a Norwegian what "Good Grief" is Charlie Brown.

Contributed by **JoAn Headington**. Comes from the Decorah Chamber of Commerce.

The Black Plague in Norway

We have been living in very strange times due to the Corona virus pandemic. It is perhaps appropriate at this time to remember a much more severe pandemic that devastated Norway, along with the rest of Europe, in the 14th century, that being the Black Plague.

That Plague too came from Asia. In 1344, the Crimean city of Kaffa was being besieged by Tartars, and was being defended by Italian soldiers from Genoa. The Tartars had the Black Plague among them, and used catapults to hurl the infected bodies of some of their dead into the city. This was essentially an early form of germ warfare. The Tartars ultimately failed to capture Kaffa, but when the defenders returned to Italy, they carried the Black Plague with them.

The Plague spread from place to place, and within a few years was in much of continental Europe. The main carrier of the Plague were lice, which in turn were carried by rats. The Black Plague came to Norway one day in August of 1349. A merchant ship was seen drifting into the port of Bergen. A band of Norwegians boarded the ship, and found the entire crew dead. The cargo of the ship, which was cloth and wool, appeared to be in fine shape, and it was salvaged by the Norwegians. Unfortunately the cargo also contained lice, and before the day was over the band of salvagers fell ill and soon were dead too.

This Plague was very severe and fast acting. It was almost always fatal, frequently within hours of the first symptoms, and at most people might live for a few days. The symptoms of the disease were awful. Victims would become short of breath, cough up blood, and get bouts of shivering and vomiting. Their bodies would often develop boils the size of goose eggs.

The Plague was active in Norway through the rest of 1349 and 1350. We do not have exact population numbers, but the estimates are that Norway's population at the time was about 400,000. After the Plague had run its course, the estimated population was about 225,000. Bergen itself lost 40% of its population. Some parishes were nearly completely depopulated. Even 150 years later, some 6000 Norwegian farms were still abandoned. The nation of Norway was tremendously weakened. It went from being a largely independent country to being essentially a mere province of Denmark. The

population of Norway did not reach 1349 levels again until sometime in the 1600s.

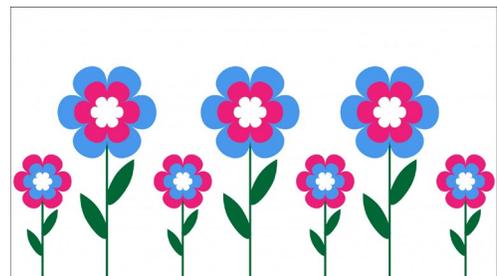


An account from Hemnes parish in north Norway says there were only two inhabited places left in the entire Leirskardalen valley after the Plague had run its course. It is reported that some men came over the mountains from Sweden and married the surviving girls from the remaining homesteads. The king gave these men the choice of any of the abandoned farms in the area in order to get the land back on the tax rolls. This local anecdote may have been widely replicated in Nordland. The modern science of DNA is showing that many Nordlenning are genetically similar to the population of northern Sweden. It may be that the region was largely repopulated from the east, across the mountains, rather than from the south of Norway.

-Jay Liedman, Nordlandslag Genealogist

From the *Nord Norge* - Summer 2020

- Shared by Dottie Roiseland



Kalender

July 4: Independence Day

July 21: Lodge Business Meeting

Aug. 25: Lodge Potluck Picnic

Editor's Note: Thank-you very much to everyone who contributed to this POSTEN! It was fun to get "stories" from people and made it possible to "fill the pages!"

I'm looking forward to more stories from you wonderful *Solglimt* people. Send your news about staying strong during the pandemic. Send family news, past adventures, your Norwegian/Scandinavian history for our August POSTEN! I'd like your news/stories by August 1. You can send pictures also!

Send the items to the address on the Newsletter, or to me by email: gtehven@live.com.

A Little Sunshine

If you know of anyone who could use a little sunshine, contact:

Beverly Haugen

Western Home Communities
5300 Main Street #45
Cedar Falls IA 50613
bhaugen@cfu.net
319-266-2269

Solglimt POSTEN
Gloria Tehven, Editor
1507 Hickory Heights Drive
Waverly IA 50677

Possible Viking Grave Uncovered in Norway

BODØ, Norway—According to a report in The Local, a couple installing insulation under the floor of their home in northern Norway discovered a dark blue glass bead and a Viking ax dated to between A.D. 950 and 1050. "We first thought it was the wheel of a toy car," said homeowner Mariann Kristiansen, whose grandfather built the house in 1914. She immediately reported the find to local authorities.

Archaeologist Martinus Hauglid of the Nordland County government visited the site and thinks the house may have been built over a grave dating to the Iron Age or the Viking Age. The artifacts are being examined at Tromsø Museum while archaeologists continue to investigate the site.

(*Nord Norge*, 2020 Summer, Page 11, shared by **Dottie Roiseland**)