

Vennelag Lodge, 5-513

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# Vennelag News

## Upcoming Events

NOTE: Unless indicated otherwise, all lodge meetings are held at the at Mt. Horeb Community Center (**MHCC**), 107 N. Grove St., Mt. Horeb, WI

**2016**

Sep 15 – Board meeting 6:30 Culvers, Mt. Horeb.  
Sep 10 – Lefse bake for frokost 8:30 AM, (**MHCC**)  
Sep 24 – Lefse bake for frokost 8:30 AM, (**MHCC**)  
Sep 29 - Lodge meeting 7:15 pm, Food served 6:30 PM  
Sep 30 - Set up for Frokost 1 pm  
Oct 1 - Frokost serving 7:30 – 11 am, Prep begins 6 AM  
Oct 13 - Board meeting 6:30 Culvers, Mt. Horeb.  
Oct 27 – Lodge meeting 7:15 PM, food served 6:30 pm  
Nov 4 – Set up for baking workshop (MHCC)  
Nov 5 – Baking workshop 9 AM – 1 PM  
Nov 10 - Board meeting 6:30 Culvers, Mt. Horeb.  
Nov 17 – Lodge meeting 7:15 PM, food served 6:30 PM  
Dec 3 – Juletre Fest. Appetizers 5:30, Dinner 6 PM  
Program and Santa's visit to follow.

The gods of the Norse Pantheon were on our side when we held the 2016 Kaffe Stue on July 16<sup>th</sup>. They sent perfect weather, which brought hundreds of people to our banquet table. When one of our members took ill, three new Viking warriors stepped in to take his place. Many people wore multiple hats that day, and performed at optimal levels to ensure our event was second to none.

The food prepared by our members was fresh, tasty, and appealing, just like our diners remembered being served by their grandmothers. The hall was attractive and inviting, the workers tireless, and the appreciation was well-received. We could not have asked for more.

Although we do not have a final tally from the Kaffe Stue, know that our gross profit was \$3,828 for food sales, bolstered by bake sale items totaling \$636.50. In addition, there are donations which have not been added. These will further tip the scales in our favor.

The Vennelag Board of Directors sends *TUSEN TAKK* (A THOUSAND THANKS) to all members who helped to make this event such a resounding success.

**TUBFRIM**

Save used stamps and expired or used phone cards for Tubfrim to help disabled children and youth in Norway. Cut leaving about ¼ inch around each stamp on all sides. Bring them to a lodge meeting.

**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 provide quality insurance and financial products to our members.**

## Ord fra presidenten

Hei, Allesammen...

From the outstanding Syttende Mai party in May thru our recent Kaffe Stue in July, Vennelag Lodge has been on the move! I appreciated seeing the faces of new members who came to help with our events. I enjoyed meeting new members who came to their first event. It was once said, *a person gets out of an organization as much as what they put in.* As volunteers in a great organization such as the Sons of Norway, that is also true. Attending meetings, participating in the activities we plan, and helping us to succeed at our fundraising events makes Vennelag Lodge come alive for you!

As the calendar turns to September, our Lodge year will begin ramping up. There are some exciting and unique speakers on our agenda. I encourage you to break away from your normal routine and join us for a night of enlightenment at Vennelag Lodge! If you have children in "after school" programs, bring them for a light dinner; serving begins at 6:30 PM. Our menu varies according to those who are serving on the committee for the evening, but you can rest assured that there will be something delicious!

Your Vennelag Board of Directors is working diligently to dispel the myth that the Sons of Norway is an older person's organization. One way we do this is by organizing classes, outings, and events that appeal to a younger audience. Asking school youth to perform for our members is another way. Supporting youth efforts also puts a positive spin on our group. Members can help us by inviting younger families to join The Order! Is there someone you know who would benefit from a Sons of Norway membership? Be thinking: What could we add to our offerings that would encourage more involvement from younger families? How can we promote Vennelag Lodge? Do we need to market our lodge? Should we be writing grants to help fund what we do? How could you help?

I look forward to seeing YOU at the September 29<sup>th</sup> meeting!

*Cheryl*



Gustafson – Penne Family at Kaffe Stue

### *Please welcome our newest Vennelag Members:*

- Kristin Vike-Steinich and her children: Katrina, Addison, Easton and Jaxson  
121 W. Gonstead Rd., Mt. Horeb, WI
- Susan Frank and her son Anders  
312 S. 2<sup>nd</sup> St., Mt. Horeb, WI



Photo by Matt Gieger

*Servers for Lodge*  
*Meetings*



**Thursday September 29, 2016**

- Aldeen Fjelstad
- Jean Grindle
- Ann Walser

**Thursday October 27, 2016**

- Carolyn Johnson
- Martha Martin
- Allen Fjelstad

**Thursday November 17, 2016**

- Board Members

**Saturday December 3, 2016**

- Potluck Christmas Party

**September Presenter: John Pare**

Thursday, September 29 John will make a few comments on how best the Sons of Norway can be most helpful to Tubfrim, as you collect stamps for that organization. He will also talk briefly about his evolution as a stamp collector over the past 63 years.

John Pare lives in Mount Horeb where he served as the High School Principal until his retirement in 2004. In addition to being a teacher and school administrator, John is a retired Naval Intelligence Officer and has worked as a construction laborer, a drawbridge operator, a stockbroker and since his retirement he has been a volunteer at the Mount Horeb Area Historical Museum.



**October Presenter: Finn Brobakken**

Finn hails from Snertingdal, Norway, near Lake Mjøsa, about 40 minutes south of Lillehammer and 2.5 hours north of Oslo. He will share insights into his family's emigration history and his hometown area. Snertingdal is the setting for the children's tale, *The Three Billy Goats Gruff*. Finn has relatives in Canada and America and visits the U.S. a few times each year, as he is interested in staying connected with his ancestor's families who left Norway for America .

Finn's great grandfather and five brothers emigrated to the U.S. around 1895; a few years later his great grandfather returned to stay in Norway. Finn has met many of his American relatives on ten trips to the U.S. and Canada, and has had numerous visits from them in Snertingdal over the last 30 years.

Finn will present this special program about his roots in Norway and America, showing pictures from the past and present, especially of Snertingdal Valley. He will be reading from letters between his relatives in Norway and those in the U.S. and Canada, revealing personal stories of daily life.

## Vennelag's 15th Annual Frokost (Norwegian Breakfast)



Serving on October 1 from 7:30 AM to 11:00 AM at the Mount Horeb Community Center

This event, held in conjunction with the Mount Horeb Fall Festival, gives us the opportunity to share our Norwegian culture and heritage. Invite your family, friends and neighbors.

The planned menu consists of Norwegian pancakes, heart waffles with lingonberries, æbleskiver, soft or hard boiled eggs, rullepølse, lefse, bread, ham, dried beef, salami, cheeses, herring, salmon, fruit salad, coffee, and Norwegian cookies and cakes...and don't forget the smørgrøt!

**The price is \$13 for adults and \$5 for children (age 12 and under)**

We are looking for volunteers. Setup begins the day before, Friday September 30th at 1:00 pm. Help is especially needed early Saturday morning (6:00 am) as well as during the breakfast. Food donations are welcome the afternoon before the breakfast (Friday, Sep. 30 (1:30—3:00 PM) or by 7:00 AM on the day of the breakfast (Saturday, Oct. 1)

### We need the following food items:

**eplekake, fry cakes, kringle, krumkaker, lefse, rosettes, and sandbakkelse.** We will also be having a bake sale, so any goodies, Norwegian or not, would be welcome.

If you are unable to donate any of the items listed above, a cash donation of \$20 per member would be appreciated. Those donations are used to buy items such as cheeses, meats and salmon. Mail checks, made payable to **Vennelag 513**, to: David Anderson, 132 E Main St, Mt Horeb 53572.

Rita Schraepfer-Derke is the event chairperson and contact person for the breakfast. You may reach Rita at **608-220-7565** or email at **rsderke1@yahoo.com**

### Lefse for the Frokost

We will be making lefse for the Frokost on Saturday, September 10, 2016 starting at 8:30 AM at the Mt. Horeb Community Center. We welcome all who can come and help. Those with a lefse grill, board, rolling pin and turning stick are encouraged to bring them. We plan to have three to four grills going at one time to make the work go fast. An additional date of Saturday, September 24, 2016 is tentatively reserved to make other items as needed depending on sign-ups by lodge members. If enough members sign up to donate items such as lefse, fry cakes, rosettes, krumkaker or sandbakkels, we will not meet on September 24<sup>th</sup>.



### **Do you have a change of address?**

Please inform us of any change in mailing address or email. You may also make a change to receive an email notification when the newsletter (**available in color**) is posted on the District Five website ([www.sonsofnorway5.com](http://www.sonsofnorway5.com).) Contact me at:

Duane Kittleson  
6225 Mineral Point Rd, Apt. D90  
Madison, WI 53705  
Ph 608-229-6738  
Email: [dkittverona@gmail.com](mailto:dkittverona@gmail.com)

It isn't too early to think about the Baking Workshop on Sat. Nov. 5th. Who would like to demonstrate any of the following?

*lefse (3 -5 people), Æbelskivers, Flat Bread, Krumkaker, Smørgrøt, Buttermilk Waffles, Rosetter, Almond Cake (Rita Schraepfer-Derke will do) and maybe a Norwegian cookie of some kind.*

This isn't the final list but a start. We will decide how many stations we have room for. So stay tuned but be thinking about how you could help.

Ann Walser, Food Chair - Phone 608-831-7226

### *A note from our lodge Cultural Director - Tiffany Schwoerer*

Sons of Norway's Cultural Skills Program provides a framework for learning about traditional and contemporary Norwegian culture. Each unit consists of three levels of skill-specific activities to guide you as you learn. For each level (or part) you complete and email (or mail) to Sons of Norway Headquarters, you will get feedback and earn a pin in recognition of your accomplishment.

#### **There are 14 units of adult pins a member can earn.**

1. Traditional Norwegian Cooking
2. Reading Norwegian and Norwegian-American Authors
3. Collecting Norwegian and North American Stamps
4. Rosemaling
5. Genealogy-Family History
6. Hand Knitting
7. Norwegian Language and Culture
8. Hardanger Embroidery
9. Figure Carving
10. Weaving
11. Ornamental Woodcarving
12. Chip Carving
13. Folk Dancing
14. Music and Musicians of Norway

Each part has forms to document your work. If you are interested in pins that are not described in this article or for youth options please contact me or go to the Sons of Norway website ([www.sofn.com](http://www.sofn.com)) and log in to view the materials.

This newsletter will focus on Traditional Norwegian Cooking, Literature and Stamps. Future newsletters will highlight other adult pins and the documentation that must be submitted.

#### ❖ **Traditional Norwegian Cooking**

- Part 1
  - Prepare five dishes
  - Completed evaluation forms
  - Take pictures of all prepared dishes

- One elective - such as research the history of one of the chosen recipes. Write a one-page summary of what you have discovered: when it is served, what unique ingredients are used, does it vary by region, so on and so forth.

➤ Part 2

- Prepare One recipe in each category of selected recipes given
  - Fancy Cake, Bread, Cookie, Dessert/Candy
- Completed evaluation forms
- Take pictures of all prepared dishes
- One elective - such as create a Norwegian meal, focusing on fish entrees to be served to a group (fellow members, family or friends.)

➤ Part 3

- Prepare five meat or fish dishes
- Completed evaluation forms
- Take pictures of all prepared dishes
- One elective - such as research and write a one page article on the julebord tradition and the foods traditionally included.

❖ **Literature**

➤ Part 1

- Read three books by Norwegian or Norwegian Americans
- Completed evaluation forms
- One elective - such as establish a book club

➤ Part 2

- Read five works of fiction, poetry or drama
- Completed evaluation forms
- One elective - such as organize a Read-Aloud Program

➤ Part 3

- Read five works of non-fiction
- Completed evaluation forms
- One elective - such as researching Ethnic Literature

❖ **Stamps**

➤ Part 1

- Collect 50 stamps from the member's home country
- Completed evaluation forms
- One elective - such as create a dictionary of terms that are unique to stamp collecting.

➤ Part 2

- Collect 100 stamps from the member's home country
- Collect 15 stamps on a specific topic like:
  - Animals, Sports, Famous people, etc.
- Completed evaluation forms
- One elective - such as meet with other stamp collectors and consider starting a stamp group

➤ Part 3

- Collect 10 stamps from Norway, 10 stamps from Canada and 10 stamps from USA



- Pick one stamp to research and write 100 word report.
- Completed evaluation forms
- One elective - such as select three commemorative stamps to represent US, Canada and Norway and research them.

(NOTE for each of the electives mentioned here, many other options are listed in the materials.)



*Sons of Norway Foundation -  
50 years!*

*Vennelag Lodge - 45 years!*

From left to right Jean Grindle, Tiffany Schwoerer, Cheryl Wille-Schlessler, Ann Walser, Mary Gullickson-Krantz and Rita Schraepfer-Derke

### Looking ahead....November is Foundation Month!

Our Foundation Director, Aldeen Fjelstad has decided to bring back a time-honored Vennelag tradition of a silent auction. For those individuals who are new to The Lodge, please know that the Foundation arm of the Sons of Norway serves a variety of purposes: providing grants to local lodges who have projects they would like to implement, gifting scholarships to youth who are attending schools of higher learning, as well as supporting Oslo University Summer School students, and offering humanitarian aid to members' families who have been adversely affected by natural disasters such as flooding or tornadoes.

Each member in attendance is asked to bring a *gently used item or a new item* that can be placed in the auction. With Christmastime right around the corner, you might consider getting some of your shopping completed at the Lodge meeting! Time will be given for members to survey the items and place their bids. Our November meeting will be held one week in advance of Thanksgiving on Thursday, November 17<sup>th</sup>, beginning at 6:30 PM. In honor of Thanksgiving and as an outreach project to the Mt. Horeb Area Community, please bring a nonperishable food item that Vennelag can donate to the food pantry. Your help in serving others is genuinely appreciated.

**On Saturday, November 19<sup>th</sup>, Idun Lodge, Madison will be holding a Fall Frokost. Mark your calendars for this scrumptious event! For further information contact: Dee Grimsrud, [winorsk@gmail.com](mailto:winorsk@gmail.com)**

Vennelag News



Lora Lee, Editor  
327 W. Main Street  
Mount Horeb, WI 53572

[www.vennelag513.com](http://www.vennelag513.com)

Cheryl Wille-Schlesser, President  
Phone: 608-437-8960  
Email: [rogrcher@mhtc.net](mailto:rogrcher@mhtc.net)

Carolyn Johnson, Vice President  
Phone: (608) 424-3149  
Email: [cmj@chorus.net](mailto:cmj@chorus.net)

Lora Lee, Editor  
Phone: (608) 437-2846  
Email: [loralee@mhtc.net](mailto:loralee@mhtc.net)

Greg Ragan, Fraternal Benefits  
Counselor  
Phone: (800) 442-4126  
Email: [gregragan@aol.com](mailto:gregragan@aol.com)

**Next Newsletter Deadline October 23, 2016**



**A little Norwegian Culture**

Norwegians meeting someone for the first time handle the situation differently than North Americans. In North America, “Hi, my name is....., nice to meet you....” can typically be heard all during the initial handshake.

In Norway all that is said during a handshake is one’s name. In most situations, the two people meeting will give a short shake of hands. The first person will nod slightly and say their name, and the other will then nod and say their name. You will also notice that Norwegians make very direct eye contact during this initial greeting.

So, in essence, a handshake in Norway is used more as an exchange of names than an actual “greeting”. Obviously more words are exchanged after the handshake such as nice to meet you, etc.