



UPCOMING LODGE EVENTS

***Board meetings and Lodge meetings will be virtual unless otherwise noted.**

- | | |
|---------------------|---|
| January 13 | Board meeting, 6:30 PM |
| February 10 | Board meeting, 6:30 PM |
| March 10 | Board meeting, 6:30 PM |
| April 14 | Board meeting, 6:30 PM |
| | |
| January 17 | <u>Lodge meeting, 2:00 PM</u> |
| PROGRAM: | Potpourri of Fun-jokes and books
Watch the <i>YouTube</i> video,
"24 Hours of Sun: Best of Norway in Summer" |
| | |
| February 21 | <u>Lodge meeting, 2:00 PM</u> |
| Outdoor Fun: | Friluftsliv Event at the farm of John and Karen Eberhardt |
| | |
| March 21 | <u>Lodge meeting, 2:00 PM</u> |
| PROGRAM: | Norwegian language lesson |
| | |
| April 29 | <u>Lodge meeting, 6:30 PM</u> |
| PROGRAM: | Genealogy with Dana Kelly |

***Further details on the Lodge meetings are provided later in this newsletter.**

The Vennelag Board would like to see more members attend its virtual meetings! If you need help installing Zoom, please ask. Remember, that you may also join us via your phone. Links are provided on the invitations that Allen sends.

Should you have ideas for Lodge programming contact Social-Cultural Chair, Tiffany Schwoerer: whtetigger05@hotmail.com
608-527-2821

Ord Fra Presidenten **GODT NYTTÅR!**



Source: depositphotos.com

I sincerely hope that your holidays were joyous, and that Santa Claus was good to you all. Now, one can look at 2020 and say, "good riddance!" After month upon month of incredibly challenging times, we are all tired of hearing what has evolved into the same-old tired cliches. It has been difficult to come up with something new to share in my message that does not sound like hollow words or is not something that our members have heard too many times in the past year.

I am confident that 2021 holds great promise for us all, with fewer political ads to suffer through in the weeks ahead. I am grateful to those members who are joining our virtual meetings and are reading the newsletters and e-blasts as we try to keep Vennelag Lodge vibrant and enjoyable. The Board is trying to be cautiously optimistic when it comes to planning and scheduling events for the upcoming year.

The calendar of events for the first half of 2021 is included in this edition. You will notice that the activities are designed toward a return to normalcy. Keep your fingers crossed and stay tuned...

Allen Watrud, Vennelag President

So, *jubel* (cheers) to a happy, healthy, and prosperous New Year!

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

Start the New Year Right 20 Tips for a Positive Year



- 1) Stay Positive.
- 2) Take a morning walk of gratitude.
- 3) Make your first meal the biggest and your last meal the smallest.
- 4) Choose 3 things that will lead you to success.
- 5) Talk to yourself instead of listening to yourself; feed your mind encouragement.
- 6) **Remember that adversity is not a dead-end, but rather a detour.**
- 7) Do not chase dollars or success; build meaningful relationships and success will find you.
- 8) Get more sleep.
- 9) Do not waste your precious energy on gossip, past issues, or negative things. Invest your energy in your purpose, people, and the positive present moment.
- 10) Mentor someone and be mentored by someone.
- 11) Live the 3 E's: Energy, Enthusiasm, Empathy
- 12) Remember, there is no such thing as overnight success.
- 13) Believe that everything happens for a reason.
- 14) Implement a no complaining rule. If you are complaining, you are not helping.
- 15) Read more books than you did last year.
- 16) Do not seek happiness-Live with passion and purpose, and happiness will find you.
- 17) Focus on "Get to" vs "Have to." Focus on what you *get to do* versus what you *must do*. Life is a gift, not an obligation.
- 18) Identify something you are thankful for each day.
- 19) Smile and laugh more.
- 20) Enjoy the ride through the life you have been given.

Source: CLC Insights

VENNELAG IS CELEBRATING 50 YEARS!

July 25, 2021

4:00 PM – 7:00 PM

CHANGE IN LOCATION

Hi-Point Steak House

***6900 County. Hwy. HHH, Ridgeway,
WI 53582***



WELCOME, all Vennelag members, District 5 Board Representatives, and Guests of the Lodge, as we celebrate the founding of the Lodge 50 years ago.

Enjoy good fellowship, a delicious meal, and a toast to our Lodge's success.

BUNADS, party attire, or your Sunday best is the suggested attire.

Arlene Watrud-Krueger and Harley Skjervem, event co-chairs:

akrueger@chorus.net

hskjervem@gmail.com

UFF-DA... You have probably heard how retired people...some of them...take a lot of time to do things. They plan for a day and a half just to get a haircut. Ole is getting to that stage.

The other day, Lena said, "Ole, let's walk to the corner and while we're out and about, let's pick up some groceries."

Ole thought for a minute, shuffled his feet a bit, and said, "Vell, vat is da hurry? Vhy do vi haf to do everyting in vun day?"



Virtual Walk to Norway Update Steven Frame, Director

The year celebrating the 125th Anniversary of the Sons of Norway is ending and so is the *Virtual Walk to Norway*. Please turn in your final mileage to Steven Frame by **December 15th**, so challenge tabulations can be made for the 5th District. We were successful in reaching Norway, and we are on our way home. It would be rather cold to be left in the Atlantic Ocean at this time of the year! Help Steve finalize Vennelag's reporting by sending your final mileage.

Alt for Norge!

Vennelag's 2021 excursion to Norway has been postponed due to the COVID-19 pandemic. Departure has been moved to September 1, 2022. Join us for the time of your life in the North of Norway! Contact Stephen Frame by email to indicate your interest: frames@firstweber.com. You may reach Steven by phone: 608-767-3393.



[FRATERNALS GIVE.ORG](http://FRATERNALS.GIVE.ORG)

REMINDER...Each year, the Sons of Norway International asks its lodges to report their volunteer service hours. By doing so, the organization will retain its U.S. Federal 501C3 tax-exempt status. Although your personal service hours may be smaller this year, submitting your report is as crucial as ever. Send the number of hours you worked for the lodge to Rita Schraepfer-Derke for reporting. Her e-mail address is: rsderke@gmail.com Should you have a quick question, her phone number is: 608-220-7565.

Deadline: January 15, 2021

When counting your time, link it to a specific task, providing a date and the amount of time given. Preparing or serving a meal, working on the parade float, building something, baking cookies for the Barnebirkie, bike trail clean-up, working on the Lodge scrapbook, time organizing the 50th Anniversary gala, preparing for a Vennelag Board meeting, attending a Board meeting, following up on Board actions, include any communications on behalf on the Lodge, delivering items to an elder member, lodge correspondence, shopping for a specific thing-supplies needed for our meetings, time needed to collect food donations, laundering clothing for donation, or trimming stamps for Tubfrim.

Do not count your attendance at a regular lodge meeting nor the time driving to it.

Tusen takk for hjelpen oss-a thousand thanks for helping us 😊

NORWAY'S POPULAR DOG BREEDS

In Norway, there are around 200 breeds of dogs of all sizes and temperaments. Each year, the Norwegian Kennel Club releases a list of the country's most popular dog breeds. A look at this list reveals a bit about what Norwegians look for in a pet.

"The dogs on the top 10 list are all suitable for people with an active lifestyle, and who like to go for walks in the woods and fields," according to the club's director, Torbjørn Brenna.

Topping last year's list for the sixth year in a row is the border collie, a high energy working breed with a keen mind. This athletic dog is well-suited to agility and obedience training and requires an owner with enough time to keep both its mind and body stimulated.

2020 Canines of the Year

1. Border Collie
2. Staffordshire bull terrier
3. Labrador retriever
4. Golden retriever
5. English setter
6. Norwegian elkhound
7. German shepherd
8. Havanese
9. Shetland sheepdog (Sheltie)
10. Pomeranian



Norwegian Elkhound



Staffordshire Bull Terrier



Havanese



Pomeranian



Shetland Sheepdog (Sheltie)

Source: Sons of Norway News Service

Ja, jeg er Norsk-Amerikansk!

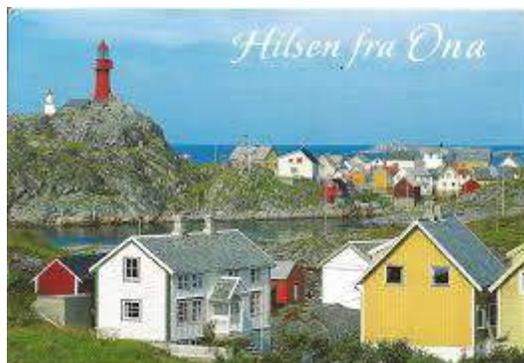
Another reason for being a proud Norwegian American! Check out this advertisement. (fra Arlene Krueger)

The American insurance company, Allstate Corporation, recently created a commercial which has blown away many internet users. The commercial was released on the company's official YouTube channel on October 11, 2020 and has garnered over 25,000 views. The commercial features some of the most breathtaking locations, and it has made many fans wonder, "Where is this Allstate Island?"

The company is yet to reveal the location of the place, but this has not stopped fans on social media from doing their amateur sleuthing. In the comments section of the YouTube video, a user named 'Stian Lundby' stated that the island from the commercial, is a pair of Islands from Norway, named Ona and Husøy.

These breathtaking islands are connected by a bridge. Another user named 'Ozyman73' stated that the commercial makers edited a smaller version of Ona islands in Norway for the aerial shot. A third user named 'Daniel Santos' said he wished that Alaska had vibes like this and mentioned that the whole place gave a Nordic vibe.

<https://www.republicworld.com/entertainment-news/others/allstate-island-which-is-the-island-featured-in-the-latest-allstate-commercial.html>



Celebrating the New Year in Norway

Fireworks are the main feature of the Norwegian New Year's celebrations. Those who reside in more remote locations set off a few fireworks of their own. Fine wine, spumante, or champagne is an important part of the midnight toast.

Thirty-four percent of people surveyed indicated that they had eaten turkey on the most recent New Year's Eve. The second most popular choice is pinnekjøtt ('stick meat'), a dish – more commonly associated with Christmas. Salted meat, mostly mutton, is dried and then served with boiled potatoes and mashed turnip. Source: www.grownuptravelguide.com

Source: www.Puzzlemaker.com

THE NORTHERN LIGHTS

S F G S C I A F C D F G U J H
N Z I T J R M I A R N T I O V
O G D J O C T Q I U O D U D N
R Q N R M E P L R R X S I B D
T K U I N N U B O R E A L I S
C A D G Z F F N I F O W L Y R
E N A Z T I U X Z T S S C Y U
L M I S C I R E H P S O M T A
E F L T D I F E N S L I C T E
R I I N R E T N M O O V H W L
V E M E K O J C R S G L I H C
O L A H C K G F R Y E N A S R
L D Q T J W U E P A D M I R I
H F R I D L M S N O T O R P C
K M V O X Y G E N E K P I H H

ARCTIC
ATMOSPHERIC
AURORA
BOREALIS
CIRCLE
COLORFUL
ELECTRONS
FIELD
FRILUFTSLIV
HALO
MAGNETIC
MESMERIZING
NITROGEN
OXYGEN
PROTONS
SOLAR
WIND

What produces the Aurora Borealis (Northern Lights)?

The light show we see from the ground is caused by electrically charged particles from space entering the Earth's upper atmosphere at an intense speed. These particles originate from the sun. When charged particles hit the atoms and molecules high up in our atmosphere, they become excited, producing the colors one sees.

For the adventuresome, Hurtigruten offers cruises with the aurora in mind! Source: www.hurtigruten.com

Finding beauty in the darkest time of the year can be challenging, but with assistance from others, is possible.



*A candle can both defy and define the darkness. Anne Frank

*True friends are those rare people who come to find you in dark places and bring you back to the light. Daily Inspirational Quotes

*Being a candle is not easy, to give light, one must first burn. Rumi

*A little bit of light pushes away a lot of darkness. Jewish Proverb

*All the darkness in the world cannot extinguish the light from a single candle. St. Francis of Assisi



Source: www.depositphotos.com

Hey, hey, good lookin'...what ya got cookin'?

Chocolate Cardamom Ice Cream

Ingredients

1 cup milk
1/2 cup good quality cocoa powder
3/4 cup sugar
2 cups heavy cream
pinch salt
1/4 tsp. ground cardamom

Directions

Begin by preparing the ice cream base. In a saucepan over low to medium heat, slowly heat up the milk, cocoa powder, cardamom, salt, and sugar—stirring constantly. You want to increase the temperature just enough to dissolve the sugar. Once the sugar is dissolved, remove from the heat, and allow it to cool slightly. Then gently whisk in the heavy cream. Cover with plastic wrap or a cling film and place in the refrigerator to completely cool, about 4 hours.

Now it is time to make the ice cream. Using an ice cream maker (and ensuring that your core is well frozen), pour the ice cream base in and churn per the manufacturer's instructions. This is usually 20-30 minutes. When the base is ready, divide up into ice cream containers of your choice (or just use a food safe bowl). Place in the freezer for at least 8 hours and enjoy.

Source: Sons of Norway website-recipe box www.sofn.com, Submitted by Mary Krantz



Cardamom pods and seeds

Penzey's, 3252 University Avenue in Madison, has a variety of cardamom choices.

It is difficult to describe the taste of cardamom. It is a taste unto itself. Cardamom is a spice that native to the Indian subcontinent and Indonesia. Its use can be traced to the ancient civilizations of Sumer and Egypt.

Today, however, the country of Guatemala provides most of the world's cardamom, followed by India.

It is the world's third most expensive spice, surpassed in price per weight by saffron and vanilla.

Source: Wikipedia.org

THIS NEWS JUST IN! Idun Lodge 5-074, Madison, WI will host the next Sons of Norway District 5 Convention, June 15-19, 2022, at the Madison Marriott West. The Madison Marriott West is located at 1313 John Q. Hammons Drive in Middleton, WI 53562.

All meetings are virtual unless otherwise stated.

January 17 (Sunday) 2 PM: Potpourri of Fun

*Come prepared to the meeting and share 1 or more of your favorite Norwegian jokes. Laughter is good for the soul, so let us laugh together!

*Members will be asked to share the name of a good book(s) they have read and would like to recommend to the group. If you cannot attend the meeting, please send the name/s of your suggestion/s to Vennelaglodge@gmail.com. We will be compiling a list of the books recommended and will share it with our members so one has good reading options for the “winter months” ahead.



*Watch the YouTube video, “24 Hours of Sun: Best of Northern Norway in Summer”-Alice Ford

Lost LeBlanc also offers some travel videos on varying locations throughout Norway. His suggestions are perfect for younger independent travelers.

February 21 (Sunday) 2 PM Outdoor Winter Party

*Come join our “in person” outdoor winter day of fun at John and Karen Eberhardt’s farm, 2996 Timber Lane Rd., Verona, WI. Bring your snowshoes, sleds, cross country skis, and your outdoor spirit or spirits! Join us around the firepit and enjoy some fine conversation. We are going to embrace the Norwegian tradition of *Friluftsliv*-literally translated to mean- free air life!



Check out this news story that was on the NBC morning show recently. Paste it into your browser and enjoy!

<https://www.today.com/video/norwegian-principle-stresses-embracing-cold-winter-months-for-a-happier-life-96217157823>

March 21 (Sunday) 2 PM: Snakker Lit Norsk!

*Learn a little Norsk or refresh your ability in speaking Norwegian. We are working on a language program, and the instructor will share some useful phrases på Norsk!

FUTURE EVENTS: Cut and post in an important place for quick reference!

April 29 (Thursday) 6:30 PM: Genealogy presentation with Dana Kelly

May 27 (Thursday) 6:30 PM: Syttende Mai Celebration

June 24 (Thursday) 6:30 PM: Lodge picnic

July 16-17 Kaffe Stue Weekend: All plans are tentative. (Friday-set-up, Saturday-event)

July 25 (Sunday) 2 PM: VENNELAG LODGE 50th ANNIVERSARY CELEBRATION

4-7pm, High Point Steak House, Ridgeway, WI

Dugnad and winter: How nine winters in Arctic Norway prepared me for winter 2020/2021
Rachel Peterson, *The Norwegian American*, November 13, 2020.

The two months of complete darkness in the Arctic is referred to by those who live there as *mørketida* (“the dark time”) and is bookended by months of mostly darkness. A native Arctic Circle area resident shared these three truths with Peterson and other tips for surviving such a time:

1. Do not *snooze* your alarm clock in the morning!
2. Get outside and breathe in as much fresh air as you can, every day.
3. Be social.

During Peterson’s first winter this advice became her refrain. She was able to avoid anxiety, depression, and drowsiness. Norwegians have a deep attraction to all outdoor activities throughout the year. How many readers have heard this phrase: *Det finnes ikke dårlig vær, bare dårlig klær*. “There’s no such thing as bad weather, just bad clothing!” Norwegians simply don their best winter attire and enjoy what nature offers.

Our lodge is familiar with the term, dugnad, and we have been practicing that ever since the lodge was instituted in 1971. Dugnad is from the old Norse language meaning, “help” or “support.” If there was ever a winter to call upon this mindset, this is it!

***We all need to start actively thinking about how we can look out for one another during the cold, dark months ahead. What are some inexpensive outdoor activities we can do in a safe and socially distanced way? Who do we know that would appreciate a phone call or a card? How can we create short, outdoor opportunities for socializing throughout the week?**

The challenge has been given, and knowing our heritage, we are up for it! How can we as a lodge come together with the spirit of the dugnad and come out stronger on the other side?

Koselig-The Norwegian word “Kos” means a deep warm connection, depending on context. Norwegians embrace the dark time of the year when life is simpler. Grab a good book, sit by the fire, or light a candle and listen to music. Enjoy a favorite pastime craft or activity.
Source: *Life in Norway.net*

A suggestion...some members may want to use this time to work toward a cultural pin in sports, culinary arts, folk arts, or literature.
Contact Tiffany Schwoerer, Vennelag’s Cultural Director, for more information. Her email: whetigger05@hotmail.com or by phone: **608-527-2821**



What a great promotion from the Mt. Horeb Area Chamber of Commerce!

UFF-DA!

Hiking • Biking • Fishing • Horseback riding • Military Ridge State Trail • Cave of the Mounds • Rich Norwegian Heritage
Farm to Table Dining • Historic Downtown • Botham Vineyards • Sunniva Inn Bed & Breakfast • Family Friendly
The Little Village • Board & Brush Creative Studio • 35 Handcrafted Trolls • Unique shopping • Walley Keller Tool Museum
GrandStay® Hotel & Suites • Tyrol Basin Ski & Snowboard Area • Driftless Historium Museum • Sjolinds Chocolate Factory
Beer, Cider, & Wine Tastings • Year-Round Festivals • Karakahl Inn • & More!

YEAH, WE HAVE ALL THAT. JUST 20 MINUTES WEST OF MADISON.



How the potato was brought to Norway-Jens Helleland Ådnanes, University of Bergen

Originally from the Andes in Latin America, the first Europeans brought the potato to Portugal in 1567. By 1750, the potato made its appearance in Norway brought there by priests and the military men who had enjoyed the delicious and nutritious vegetable abroad.

Potatoes were grown by the priests in their parsonage gardens, and they were found to be great cures for scurvy and vitamin C deficiencies that persisted among Norwegians.

Initially, there was resistance to the potato. Rumor held that the potato provided a risk of leprosy. Priests worked diligently to combat this mindset and to convince people about the merits of the potato.

During the Napoleonic Wars in the early 19th century the potato became fully integrated in the Norwegian diet. Faced with a lack of grain imports during this time, people learned that they could grow potatoes instead.

In 1816, the Norwegian parliament, the Storting, passed a law prohibiting the production of liquors except for grain based variants. This led to a flurry of potato production.

During WWII, the potato once again saved many people. Potatoes were cultivated in gardens and indoors, using pots and pans.

The potato has since fallen out of favor with Norwegians. At its height, the average Norwegian consumed 194 pounds of potatoes a year. Today, that amount has fallen to 45 pounds per year. Regardless, the potato will remain a staple of the Norwegian diet, ensuring the health and wellbeing of Norwegians. Submitted by Anna Olson



2020-2021 Scholarship Application

Vennelag Lodge is offering a \$1,000 scholarship to an applicant who is a member of or has a parent/grandparent who is a member of the Vennelag 5-513 Lodge. The applicant needs to show the following criteria:

- Successful completion of high school
- Successful enrollment in an accredited post-secondary school or Technical School for the fall semester
- Evidence of maintaining a 2.5 grade point average or better while in high school

The following items: a high school transcript and a copy of an acceptance letter, **must be** submitted with this application. Payment will be sent directly to the school of choice.

This application will be submitted such that the recipient will be chosen by the scholarship committee based solely on the responses given.

Please complete the following:

Name _____

Address _____

Email address _____

Phone number _____

Please check one or both of the following as they apply to you and provide the additional information.

_____ I am a current member of Vennelag 5-513 Lodge.

My membership number is _____

_____ My parent/grandparent is a member of Vennelag 5-513 Lodge.

Their membership number is _____

Name and address of the Institution you plan to attend:



Scholarship Deadline is March 1, 2021
Mail your completed application form to:
Allen Watrud
3701 Mandimus Ct.
Middleton, WI 53562



VENNELAG Lodge 5-513 Scholarship Application

Include the following in your application letter.

- A. Describe a learning experience that you had during high school which you found to be significant in your life. How did it affect your thinking about your future path?
- B. List the academic and extra-curricular activities you were involved in during high school. Describe your involvement in each activity including office held, if applicable, what you contributed to the activity, and what you learned from your participation.
- C. Describe your community involvement.
- D. Share what you know about your Norwegian heritage. Explain how you have served Vennelag Lodge 5-513.
- E. Describe the goals you have set for yourself as you continue to further your education.

Sons of Norway Scholarship Application Rubric



CRITERIA	MEETS OR EXCEEDS CRITERIA 4	MEETS CRITERIA 3	MISSING INFORMATION 2	NOT PRESENT 1
A. Describe a learning experience that you had during high school which you found to be significant in your life. How did it affect your thinking about your future path?	Thoroughly described experiences and detailed explanation of effects	Good description of experiences or effects	Insufficient responses	Minimal description of experiences
B. List academic and extra-curricular activities you were involved in during high school. Describe your involvement in each. Include: office held, your contribution to the activity and what you learned from your participation.	Clear concise list of activities and detailed explanation of level of involvement and amount of learning gained	Good list with clear explanation of involvement or amount of learning gained	Unclear responses of involvement or amount of learning gained	Minimal responses
C. Describe your community involvement.	Thorough descriptions of involvement	Adequate description of involvement	Minimal description of involvement	Lacks involvement
D. Share your knowledge of your Norwegian heritage. Explain how you have served Vennelag Lodge 5-513.	Shows complete knowledge of Lodge and good level of involvement	Some level of Lodge-knowledge and some level of service	Attempts to describe Lodge and no service	Minimal Knowledge and no service
E. Describe the goals you have set for yourself as you continue to further your education.	Quality goals that show forward thinking	Fairly clear picture of the future	Vague goals and outlook of the future	Minimal goals for the future

TOTAL POINTS _____

Dis and Dat with the Bakkens

Kipalee and Erik met in 1991 after she moved to Wisconsin from Montana with her mom. The two tied the knot in 1994. Kip teaches in Mineral Point while Erik works in Madison as an electrician.

They have two sons, Karsten 19, and Hayden 16. Karsten is a sophomore at UW Madison and works as a page at the Capitol. Hayden is a junior at Mineral Point High School. Their hobbies and interests follow the endeavors of their children. The boys have been soccer players since they were small, and they continued to play in high school. Karsten earned Conference Player of the Year honors as a senior, and Hayden's team was able to win their regional final this year.

Erik has been a high school coach in one capacity or another for the last six years and before that, a club soccer coach. Attending the boys' games has been one of my greatest joys in life. To have a front row seat for their playing time and to be able to participate with them is priceless. Kipalee has always been a reliable number one fan of the guys and their teams. She has done such a wonderful job of filling in all the blanks that always seem to be left open, a team mom in every sense of the word. Hayden also wrestles, runs track, and performs in the annual school musical. Last year's production was "Les Misérables," and it was amazing. Other interests that we hold dear in our family include archery, hunting, fishing, and watching the Packers.

Our vacations generally revolve around seeing family. Kipalee's dad and stepmom live near Helena, MT, so we travel there every year or two. Her Mom lives in Florida, and we have made a couple of trips there, as well.

During his senior year, Karsten traveled with an exchange group to Cornwall, UK for two weeks. He thoroughly enjoyed the trip and would like to travel there again, and perhaps attend school for a semester or two.

I am afraid that I really do not have an enormity of information about my own family heritage. I think that in most cases knowledge like that comes from your time growing up and hearing it discussed. In my case it seemed to be enough that I knew that I was half Norwegian and half German. That is odd since I only learned today that my Grandpa Irvin was a charter member of Sons of Norway in Mt. Horeb, and he even served as Marshall.

Also interesting to me is that since having our family complete a DNA test, I have learned that my ancestry is about 3/4 Nordic with most of that being from Norway. Germanic Europe only accounted for about 13% of my DNA. It just goes to show you that what you learn from family about these things really does come down to how your family identifies and the connections that they have made. Kipalee's heritage is a mixture of English, Irish, Italian, and French.





Drum roll, please...the final numbers are in!

I want to share the wonderful news that Vennelag Lodge members contributed \$950 to the Sons of Norway Foundation in October! Even during this pandemic period, our members showed their support for this important mission fulfilled by the Foundation. Its mission to *'share and preserve Nordic heritage and make our Sons of Norway communities better places to live'* is being fulfilled. This year's celebration of the Sons of Norway 125th Anniversary through its *"Together we are the Future"* campaign has shown our Lodge's commitment to building on the heritage of the future. Your generosity to the Foundation in 2020 was deeply appreciated and as Vennelag's Lodge Foundation Director, I say thank you!

Harley Skjervem
Foundation Director

Uff-Da, igjen...From Tiffany Schwoerer

One day after Ole read the newspaper, he called Sven who worked at the local feed mill. After pleasantries, Ole asked, "Do you have chickens?"

"No" replied Sven. "We won't have them till spring." After a second Sven's curiosity got the better of him, so he asked, "Why'd ya ask?"

"Well..." Ole replied "I read the paper this morning and the weather report said that you should dress in layers (laying hens)!"



From Tiffany Schwoerer, Cultural Director
Pancakes (from the Troms area of Norway)

Source: Norwegian National Recipes: An inspiring journey in the culinary history of Norway by Arne Brimi & Ardis Kaspersen

2 cups buttermilk
1 egg
5 tablespoons sugar
1/2 teaspoon hartshorn salt
1 teaspoon baking soda
2 cups flour (have more ready if needed)

Combine first five ingredients. Add flour until batter is the same thickness as waffle batter. Fry on a griddle. Use a mug and pour batter directly onto griddle. Pancakes should be the size of a saucer and fried on both sides.



Do you have a change of address?

Duane Kittleson
6225 Mineral Point Rd., Apt. D90
Madison, WI. 53705
Phone: 608-229-6738
email: dkittverona@gmail.com

Please inform Duane Kittleson of any change in mailing address or email. You may make a request to discontinue the printed copy and to receive an email copy. Takk for hjelpen oss!

Our newsletters are always available in color on the District 5 website: www.sonsofnorway5.com

***Find us on the web: www.sonsofnorwaymthoreb.org**

***If you know someone who is interested in membership in Vennelag Lodge, please direct them to this site. It will give them a better idea of our organization. You can forward the newsletter, too! Thank you for helping Vennelag Lodge to grow younger and promote an appreciate for Nordic heritage.**

Allen Watrud, President

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Email: awatrud@gmail.com

Arlene Watrud-Krueger Vice President

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Email: oranno@frontier.com

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E-mail: gragan51@gmail.com