

# Vennelag News

## Please note:

- \* All Vennelag Board meetings will be held at *Skål Public House* beginning at 6:30 PM.
- \* Lodge meetings will be held at the Mt. Horeb Community Center, 107 N. Grove Street, beginning with our September meeting.

## Board Meetings

September 8, 2021

Oktober 13, 2021

## Lodge Meetings

September 30, 2021-Election of a nominating committee for the next biennium, Author Eric Dregni will present. See his bio in this edition.

Oktober 28, 2021- Foundation Event, More details will follow in an eblast.

Basketed items supplied by the Vennelag Board officers will be available for in-person bidding. Sons of Norway insurance professional, Greg Ragan, IP, will be present to detail new SofN product offerings.

## Special Events

September 24, 2021 Lefse Making for the Høst Frokost, 8:30 AM-3:30 PM (or until all dough is rolled) Please bring your equipment.

September 11, 2021 Brats on the Lot-workers needed

Oktober 2, 2021-Høst Frokost, event pending

**LOOKING AHEAD... 50<sup>th</sup> Anniversary Celebration**  
Send remittance to Anna Olson, 2200 Olson Road, Dodgeville, WI 53533 by **October 28<sup>th</sup>**.

## **Lykkelig nesten høst, alle sammen! (Happy almost fall, everyone!)**

Last August, I reminisced about the fact that fall is my favorite time of the year-football, fishing, foliage, food, and fun.

As Vennelag Lodge heads into the last trimester of 2021, there is certainly more fun ahead! From the fellowship gained by frying brats and making lefse together, to holding our first face to face meeting (indoors) in 18 months, fall holds much promise.

Reconnecting with one another again is what members savor the most. Ask someone to join us at our September meeting when Minnesota author Eric Dregni will entertain you with stories of his father and their search for Norwegian happiness.

Our lodge will host the Høst Frokost-the best fall breakfast served in western Dane County on Oktober 2<sup>nd</sup>. At the Oktober Lodge meeting our goal is to raise money for the SofN Foundation.

This trimester also signals an end to the 2-year officer commitment in our current corps. It has gone fast, but for me there is a certain amount of disappointment in not seeing the Lodge grow to the levels expected by the International Office. New members bring ideas and energy. They become leaders and help to keep our lodge vibrant into the future.

We have experienced success despite of COVID-19. Learning how to provide virtual programming was a challenge we successfully met.

As I weigh the decision about whether to seek re-election or not, the lack of growth is a major concern. Whatever I decide, I hope we can all pitch-in to promote Vennelag in our communities! Share our programming with those individuals you know and help me to grow our lodge!

Several committee chairs who have served faithfully desire a break. Do not be surprised when the nominating committee comes calling! Takk så mye!

ALLEN

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.

## Sons of Norway Foundation

I often write about the International Sons of Norway Foundation and the wonderful services, grants, and education opportunities it provides for our Lodges, including Vennelag Lodge!

But there is another Foundation that we are connected to, and it **is** the Fifth District's Nordic Legacy Foundation, Inc. When our Lodge wants to support Masse Moro, our children's summer camp, or the winter Barnebirkie activities our Lodge participates in, or District 5 scholarships, one can also contribute to this fund. When our Lodge wants to honor someone who doesn't want a plaque, trophy, or an item to sit around their home, this is a wonderful option for a gift! It also is an avenue to honor the memory of a Lodge member who has passed away.

The purpose of this Foundation is to support youth, heritage, culture, and education through presentations, programs, and foundation grants at the district level. The Foundation is a 501(c)(3) and donations given are tax deductible. We welcome donations given to help support District 5 activities that may come forth. If you are interested in supporting the District 5 Foundation let me or any officer of our Vennelag Lodge know, and we will assist you in sending your donation. Further questions may be directed to the District 5 Foundation Director, Darlene Arneson at [arnesonfamily5@gmail.com](mailto:arnesonfamily5@gmail.com)

[Harley Skjervem](#)

## SALMONETTES

1 (15oz.) can pink salmon, drained, and flaked  
1 egg  
1/2 cup biscuit mix  
1/2 cup oil

Mix salmon and egg in bowl. Add biscuit mix and stir. Heat oil in skillet and drop salmon mixture by tablespoonfuls into skillet.

Flatten each salmonette with spatula. Cook each side until brown, around 2 to 3 minutes per side. Serves 4.

From: *The Four Ingredient Cookbook* by Emily Cale and Linda Coffee

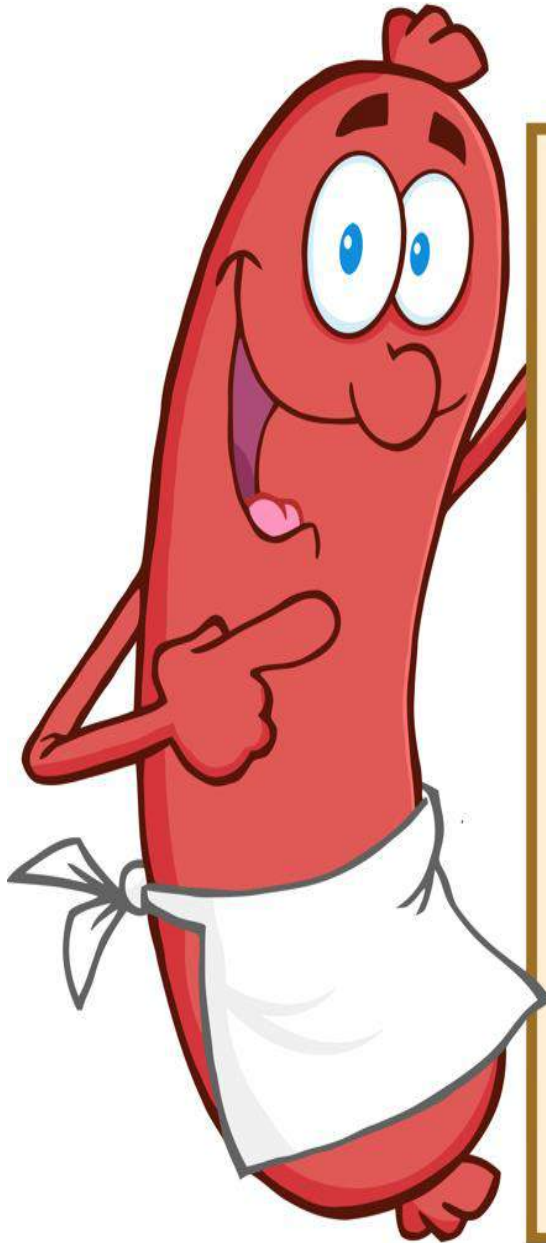
This is an easy recipe and salmon is a Norwegian favorite.

Mary Krantz



Ole says: "A man laughs at a woman who puts on eyebrow makeup, but he spends ten minutes trying to comb two hairs across a bald spot."

Ole says: Never marry for money. You can borrow it cheaper."



First Fundraiser of the Year

# MENU

## Brats on the Lot & Norwegian Foods Bake Sale – September 11, 2021

Tusen takk til Duane and Nancy Kittleson who will be making the lefse for this sale.



Image: Ramshackle Pantry

**Set-up-8:30 AM. Food deliveries-9 AM (or by prior arrangement with Rita, 608-220-7565)**

**Four more workers are needed from 10 AM-2 PM.**

**Standing will be required for some positions. Bring a chair for your comfort.**

Member families are asked to contribute Norwegian baked goods for the sale. By selling these items we are meeting the mission of the Sons of Norway, in part, by sharing the heritage and culture of the Norse people with others. **Label any items that contain nuts due to allergy concerns.**

If you cannot assist with project, please consider visiting us on the day of the sale. The Lodge will also graciously accept your cash donations. Donations in the amount of \$15.00 to \$20.00, or at whatever amount you feel is appropriate are welcome.

**Contact Rita Schraepfer with any concerns: 608-220-7565 or email her at: [rsderke@gmail.com](mailto:rsderke@gmail.com).**

**Upcoming Host Frokost Saturday, October 2, 2021 (There will be changes this year.)**

The COVID-19 pandemic has affected many events and procedures; nonetheless, we are planning for the upcoming Høst Frokost (Fall Breakfast). E-blasts from President Watrud will provide you with additional updates or cancellation.

As Saturday, October 2nd draws near, I would like to make all members aware that plans are underway for a great community breakfast and with your help it will be fantastic! Vennelag Lodge thanks you in advance for volunteering your time and efforts to make this happen. If you are not able to help us in person, a cash donation of \$15 or \$20 or whatever you feel appropriate would help to defray the cost of supplies.

The planned bake sale will showcase **Norwegian items** so we can share the customs and traditions which are linked to our heritage. *Please be aware of food allergies, especially with nuts.* If there are nuts in your baked items, please indicate that.

**Making Lefse for the Host Frokost**

I have reserved the Evangelical Lutheran Church kitchen for the purpose of baking lefse for the Frokost.

**\*\*We will be making lefse to sell at the Frokost bake sale on Friday, September 24 at the Evangelical Lutheran Church, from 8:30 AM-3:00 PM.**

The more rollers and bakers we have the quicker this process will be. If you are able to make lefse, we welcome your participation! We need people who can roll, flip, cool, and bag the lefse. If you have your own equipment: griddles, sticks, or rolling pins, please bring them.

We will take a coffee and a lunch break. Sandwiches, plates, napkins, and silverware will be provided. All are welcome to bring a dish or snack item to pass. There will be plenty of coffee provided!

\*\*\*\*\*



**Note:** We will also be making lefse in the ELC kitchen on December 15th for our Holiday Lefse Sale. Further information will be shared in the next Vennelag News and via e-blasts from President Watrud.

**Looking further ahead...Vennelag's Norwegian Baking Workshop is scheduled for Saturday, November 6, 2021. Contact Mary Krantz: [laffalot@mhtc.net](mailto:laffalot@mhtc.net)**

## Audrey Casey, a Sons of Norway Golden Member



The Sons of Norway honors those individuals above age 65 who hold 30 plus years of membership with a pin and certificate. Shown here is Audrey Casey with her newly received items. She was instrumental in beginning Vennelag's annual Høst Frokost event along with Janice Sievers and has previously served as a Vennelag officer. Today, she can be found working part-time at Open House Imports and celebrating her Norwegian heritage whenever given the opportunity! She is at home in the kitchen and produces many luscious treats for the enjoyment of all. Gratulerer, Audrey!

## 50<sup>th</sup> Anniversary Celebration

Join us in celebrating Vennelag Lodge's 50<sup>th</sup> Anniversary.

Leif Erickson Hall  
Hi Point Steak House  
Ridgeway, Wisconsin  
4-7 PM

\*We encourage bunader, Norwegian attire, or business dress for this special occasion.

Remittance and reservations should be sent by October 28<sup>th</sup> to  
Anna Olson  
2200 Olson Road,  
Dodgeville, WI 53533

## Nordic Fest 2021

Ten Vennelag members journeyed to steamy Decorah, IA to share their baking skills with visitors at the annual Nordic Fest celebration the weekend of July 23-24. This experience was made possible through a Sons of Norway Foundation grant which covered travel and lodging expenses. One of the best things that comes from such an experience is the bonding that occurs within the group. It strengthens the ties our members feel for our lodge and for one another. Tusen takk til alle who contributed photos for this page.



Duane and Nancy making sirupsnippers.

Ann dips her orange cardamom cookies in chocolate before serving.



Jean Bower handing out recipes.

Arlene and Anna baking goro



Cleaning aluminum baking equipment can be challenging. Give this method a try for baked-on grease. Keep handy! Many of us will be baking for the upcoming **Brats on the Lot** fundraiser very soon!

**MAGIC CLEANER**

- 2 oz. Dawn dishwashing liquid
- 4 oz. bottled lemon juice
- 8 oz. white vinegar
- 10 oz. water

Combine and spray on surface overnight or longer for preexisting stains. Remove with residue with a clean, wet cloth.



Jean and Martin enjoy a bite of Thor's lightning bolts-deep fried green beans at the Viking Brew Pub in Stoughton.



At left: Jean, Martin, Tiffany, Pam, Aldeen, Don, Donna  
Missing from photo: Dave and Jean Grindle, Cheryl Wille-Schlesser  
Top: Jean Bower and Jane Heibel at Doundrin's Distillery, Cottage Grove

Akevitt tasting at Doundrins

Tiffany, Jean, Dave, Mary, Cheryl, Don, Pam, Martin, Jean, and Jane





Sixteen members and guests waded into the Duck Pond on July 29 to watch the Mallards take on the Wisconsin Rapids Rafters. Those present drank and ate as much as their clothing would allow! They sat to watch the Mallards play and all enjoyed the extra bits between innings. If you have never gone to a game, please consider it next time as it is an experience that you will never forget. There were foul balls that we had to duck every so often, but we came out unscathed. Those wishing to purchase swag for the Mallards had many choices. Unfortunately for many of us, the game went too long for us to stay at the field to see the end of it. A few hearty members stayed until the very end, and they will have to enlighten the rest of us with the outcome of the game.—Tiffany

## Eric Dregni



Vennelag members will welcome back Eric Dregni at the September 30<sup>th</sup> meeting. Dregni, a Minneapolis native, is the dean of the Italian Concordia Language Village. He is an assistant professor of English and journalism at Concordia University and has authored 16 books including the titles: *Vikings in the Attic*, *Never Trust a Thin Cook*, *Other Lessons from Italy's Culinary Capital*, *Midwest Marvels*, and *Minnesota Marvels*.

In one of his latest books, *For the Love of Cod: A Father and Son's Search for Norwegian Happiness*, Dregni takes the reader on a journey to find Norway's supposed bliss which makes for a comic travelogue that asks, seriously, what makes Norwegians so damn happy!

Norway News in English [www.newsinenGLISH.no](http://www.newsinenGLISH.no)

The words, *Jeg elsker deg*, were spoken even more than usual across Norway in 2020. The upside of the COVID-19 pandemic is an increase in Norwegian births! The increased births were noted almost exactly 9 months after Norway closed on March 12, 2020. The birthrate in Nordland fylke rose 20%, in the first half of 2021. This is especially good news for this county, as many residents has previously moved to urban areas. Other fylke birthrates rose to 8.3% in Agder, 6.3% in Rogaland, 5.7% in Møre og Romsdal, and 4.5% in Oslo. Prior to this year, Norwegian births were fueled by immigration but last year immigration came to a halt.





## NORWAY TODAY NEWS, POSTED BY: [ROBIN-IVAN CAPAR](#) 14. AUGUST 2021

*Among adults in Norway, 87.8% have received the first vaccine dose, and 51.7% have been fully vaccinated. A total of 41.1% of the total population in Norway has been fully vaccinated against COVID-19, while 69.9% have received the first vaccine dose.*

A total of 3,756,885 Norwegians received the first dose, and 2,218,347 people received the second dose, figures from the FHI show on Saturday.

According to the FHI, 5,740 people received the first, and 38,332 people received the second vaccine dose on Friday, August 13. Source: © NTB Scanpix / #Norway Today / #NorwayTodayNews



*Update: Norway is set to receive 1 million new doses of the Moderna vaccine because Poland no longer needs them. With that, adult Norwegians could be fully vaccinated by mid-September.*

*At the same time, the reopening timeline is being accelerated. "With this delivery, all adults over the age of 18 will be fully vaccinated during the first two weeks of September. That means that Norway can return to a more normal everyday life more quickly," Prime Minister Erna Solberg (H) noted.*

FROM THE NORWEGIAN AMERICAN, 7-9-2021

### *Two campers find NOK 2 million in a cave*

Two campers in southeastern Norway searching for a suitable camping spot stumbled upon an unexpected discovery. The two men who were searching a good camping spot near Mossemarka in Viken County reached a memorial site where the Norwegian resistance stored weapons and equipment during WWII.

About two football fields away Ole Bisseberg and his friend spotted something unusual behind a rock. The curious friends began to look around to see if there were any exciting artifacts left behind. Stumbling upon a tiny cave, they discovered a bag with four large wads of cash wrapped in duct tape.

The banknotes date back to 1999, and the accompanying bag showed signs of weathering, as if it had been hidden there for quite some time. The money was turned over to the National Criminal Investigation Service. (*Frazer Norwell/The Local*)



## Nordic Walking Group Forming

Would you like to strengthen your core, improve your posture, and get a great cardio workout? Mary Krantz and I are interested in forming a Vennelag Nordic walking group. We will be using the Military Ridge State Recreational Trail for our walks, but we can begin at any point along the 40-mile trail!

Fall is a beautiful time of the year to take in the colorful scenery in southwest Wisconsin. In the Village of Mt. Horeb, we plan to meet at Waltz Park, departing at 9 AM, beginning on September 13<sup>th</sup>. Our goal is to walk multiple times per week, but one can join us any day that works for them.

Nordic walking poles are available via [Amazon.com](https://www.amazon.com) or from a sporting goods store near you. I purchased a pair of sticks from [Nordic Specialists.com](https://www.nordicspecialists.com). They are inexpensive, and costs begin in the \$40.00 range. There are multiple reasons to consider joining us, and you will be the benefactor by increasing your overall wellness thru participation.

We look forward to trekking the trail with you! Questions should be directed to Cheryl Wille-Schlesser: 608-219-4464 or via email: [rogcher@mhtc.net](mailto:rogcher@mhtc.net)

Gratulerer med dagen, LeRoy Collins!



LeRoy Collins will be celebrating his 90<sup>th</sup> birthday at the Fest Haus in New Glarus on Sunday, September 12, from 1:00 to 5:00 PM. *Bring your dancing shoes...the band begins at 2:00 PM!* Join us for frivolity and merriment as we meet to celebrate one of our own!

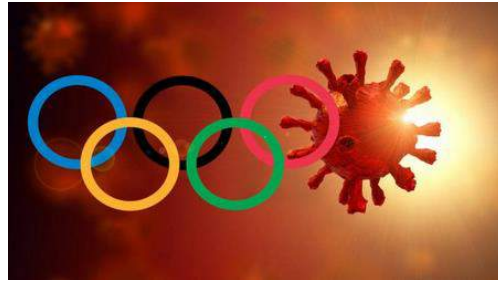
On behalf of the 5<sup>th</sup> District, I would like to thank the ten Vennelag members who helped to promote our D5 lodges and their upcoming fall events.

Cheryl Wille-Schlesser  
District 5 Vice President



District 5

## Norway's Olympic Games



Norway competed at the 2020 Summer Olympics in Tokyo. Originally scheduled to take place from 24 July to 9 August 2020, the Games were postponed to 23 July to 8 August 2021, because of the COVID-19 pandemic. Since the nation's debut in 1900, Norwegian athletes have appeared in every edition of the Summer Olympic Games, except for two occasions: the 1904 Summer Olympics in St. Louis and the 1980 Summer Olympics in Moscow, due to the country's support for the United States-led boycott.

Medal	Name	Sport	Event	Date
1 Gold	Kristian Blummenfelt	Triathlon	Men's individual	26 July
1 Gold	Karsten Warholm	Athletics	Men's 400 m hurdles	3 August
1 Gold	Anders Mol Christian Sørum	Volleyball	Men's beach	7 August
1 Gold	Jakob Ingebrigtsen	Athletics	Men's 1500 m	7 August
2 Silver	Kjetil Borch	Rowing	Men's single sculls	30 July
2 Silver	Eivind Henriksen	Athletics	Men's hammer throw	4 August
3 Bronze	Hermann Tomasgaard	Sailing	Men's laser	1 August
3 Bronze	Norway women's national handball team Henny Reistad      Silje Solberg      Sanna Solberg- Veronica Kristiansen      Kari Brattset Dale      Isaksen Marit Malm Frafjord      Katrine Lunde      Kristine Breistøl Stine Skogrand      Marit Røsberg      Marta Tomac Nora Mørk      Jacobsen      Vilde Johansen Stine Bredal Oftedal      Camilla Herrem	Handball	Women's tournament	8 August

Source: Wikipedia.org

**Allen Watrud, President**

Phone: (608) 836-3550  
Email: [awatrud@gmail.com](mailto:awatrud@gmail.com)

**Arlene Watrud-Krueger Vice President  
(Events)**

Phone: (608) 836-7450  
Email: [akrueger@chorus.net](mailto:akrueger@chorus.net)

**Harley Skjervem, Vice President  
(Youth, Communications, Events)**

Phone: (608) 829-1728  
Email: [hskjervem@gmail.com](mailto:hskjervem@gmail.com)

**Anna Olson, Treasurer**

Phone: (608) 935-3915  
Email: [oranno@frontier.com](mailto:oranno@frontier.com)

**Cheryl Wille-Schlesser, Lodge Counselor, Editor**

Phone: (608) 219-4464  
E-mail: [rogcher@mhtc.net](mailto:rogcher@mhtc.net)

**Greg Ragan, Financial Benefits Counselor**

**Phone: (815) 623-8817 Change of number**  
E-mail: [www.gregragan.com](http://www.gregragan.com)

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

Please inform Duane Kittleson of any change in mailing address or email. You may also request to change the version of the newsletter you receive.



**Duane Kittleson**  
Phone: 608-229-6738  
email: [dkittverona@gmail.com](mailto:dkittverona@gmail.com)

Our newsletters are always available *in color* on the District 5 website: [www.sonsofnorway5.com](http://www.sonsofnorway5.com). Follow the top ribbon to **NEWS** and scroll down to **Lodge Newsletters**.

\*Find us on the web: [www.sonsofnorwaymthoreb.org](http://www.sonsofnorwaymthoreb.org). Our webpage will be undergoing some reconstruction, but we hope to have most changes made this summer, prior to our first event in September.