



Vennelag Lodge 5-513

Vennelag News

November &
Desember 2024

Important dates to remember:

Lodge Meeting Dates: 6:30 pm start

Thursday ****1 week ahead**** November 21, '24
December 8, 2024 – Jultrefest
January 30, 2025
February 16, 2025 ****Friluftsliv****
March 16, 2025

All Lodge meetings held at the
Community Center - 107 N Grove St. in Mount
Horeb unless otherwise noticed in the
Newsletter article of a different location.

Board/Business Meeting Dates: 6:30pm at Culver's restaurant in Mt. Horeb

November 13, 2024
December 11, 2024
January 8, 2025
February 12, 2025

Correction!!!! If you have seen Dec. 1, 2024 as
the date for Jultrefest that is wrong it is DEC 8,
2024.

Mark your calendar dates –

St. Lucia Day – December 6, 2024
JultreFest - December 8, 2024
Twelfth Night (Sweden) –January 5, 2025
National Sami Day - February 6, 2025
Syttende Mai –May 17, 2025

I'm finding it really hard to get started on this missive today when there are so many outside issues that are in our face constantly. Soon we will find welcome relief as the elections will be over and the 24x7 political commercials will be on hiatus for a couple of weeks.

The issues and concerns we might have for Vennelag Lodge are minor by comparison and importance, but they are still there. Our Lodge is financially healthy and membership is steady at best, but we're not growing as we'd like or should. Attendance at meetings and fundraisers is down, and we're not seeing anyone come forward to assist with new Lodge leadership that is so vital to sustain the strength and quality of the program.

As we head into the upcoming joyful holiday season, let's also look ahead into 2025 and beyond with an eye towards growth, rejuvenation of enthusiasm for what we do, and a commitment to stay strong. Does this sound like cheerleading? Maybe it is, but maybe that's what we all need now.

The Social/Cultural committee has been meeting to come up with new, interesting, and fun programs to help drive this revitalization. Without sounding like a broken record (for those of you who remember those things!), please plan to be a part of it. Looking forward to seeing you all in the new year.....

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.

November will be Foundation Month at our lodge this year!

We are asking for your support of our Nordic Legacy Foundation of District 5 to continue its wonderful work.

The Nordic Legacy Foundation is an ongoing and important program of the Sons of Norway District 5. This program supports and promotes Norwegian heritage and cultures, educational opportunities, scholarships and camperships within District 5.

Our 2024 campaign will be accepting contributions through our Appreciation Level awards program as we have done in the past years.

We have 5 Appreciation Awards that you can contribute to by sending a tax-deductible personal check of support. Our 2024 goal is to raise \$900 for our Campaign. We have been very pleased that we have exceeded our past year goals, for which we are very thankful.

Appreciation Level Awards

Ambassador Award – Twenty Five dollars (\$25) donation

Entusiastisk (enthusiastic about a Cause) ***Award*** – Fifty Dollars (\$50) donation

Takk for Hjelpen (Thanks for the Help) ***Award*** – Seventy Five (\$75) donation

Kaptein (Captain) ***Award*** – One Hundred dollar (\$100) donation

Mange Takk (Many Thanks) ***Award*** – Any dollar amount donation

*As a reminder, your donation is 100% tax deductible. You can send a personal check made out to the **Nordic Legacy Foundation** to our Vennelag Treasurer, Anna Olson, 2200 Olson Rd, Dodgeville, WI 53533-9292. After receiving your donation, a letter of appreciation and thank you will be sent to you!*

Our Campaign will run from November 1, 2024 to November 30, 2024.

We thank you in anticipation about the future of our Foundation and its mission to support our members and communities!

Harley Skjervem, Vennelag #5-513 Lodge Foundation Director

Also for November we will be remembering the three individuals from our Lodge and District that have moved into the next chapter of their story. Please join us that night in honoring their memory.

December will be a festive time as we celebrate our Lodge. Please keep December 8, 2024 at 2 pm for the celebration on your calendar. Jultrefest is a time for us to come together to enjoy each other and if it so happens that we have entertainment that will knock a sock or two off the better. The SoCul committee requests that you wear your festive gear like bunads and such so we can party with you.

So that we have enough seating and all good things please call Tiffany at (608) 527-2821 to reserve your spot by December 1, 2024 or sign up at the November Lodge meeting.

Exercise at Work for Better Health

Sitting for long periods of time is taking a toll on people's health. Humans are not made to move so infrequently, and experts recommend breaking up the workday with a bit of exercise—even just a few minutes per day.

Chris MacDonald, a physiologist based in Denmark, has studied exercise as a prevention for Type II diabetes and recommends building movement into our everyday routines. "We can start by thinking about exercise in the workplace," MacDonald says. "It has to be something we just do, just the same way we eat lunch."



Pain in the Neck

Researchers from the National Research Center for the Working Environment (NFA) in Denmark also studied whether exercises that target the neck, shoulders and back can help stave off pain in those areas.

In trials involving three 20-minute sessions per week, the research team found that using strength training on the shoulders, neck and back resulted in pain reduction, and that employees who worked out together felt more bonded socially.

Sons of Norway members can earn pins through the **Sports Medal Program** by taking short exercise breaks throughout the day. Contact your lodge sports director or visit sonsofnorway.com for details.

How I Exercise to Keep My Brain in Shape

The brain is one of the organs that gets the most out of exercise, researchers tell us. But how does doctor, brain researcher and author Kaja Nordengen exercise her brain to keep it healthy and fast?

"My mantra is that it does not so much matter what kind of challenges you find for your brain, as long as you challenge it," she tells forskning.no.

Kaja's brain exercise program:

1. Brush your teeth or shave with the "wrong hand."

Your fine motor skills can be trained in your non-dominant hand, and you can learn to use both hands when solving a task.

2. Find the board and play a game of chess.

Chess trains you in concentration, problem solving,



pattern recognition and strategic planning.

3. Get off the bus one stop before or after your stop.

By breaking out of your usual pattern and learning new routes and places, you add to your mental map, and train your navigational skills.

4. Get on and off the bike from the "wrong" side.

If you stray from your routine, you challenge your brain, strengthening nerve cell contacts that you rarely use.

5. Do new chores at home or swap chores with your partner.

Switch tasks so that the person who, for example, changes spare tires learns to use the sewing machine, and vice versa. If you live alone, change tires yourself, sew on a button you know is missing or follow a complicated recipe when making dinner. This is how we form new nerve cell contacts.

6. Use the computer mouse with the "wrong" hand for a day.

The brain benefits from being used a little outside of regular routines. When you train your motor skills on the opposite hand, you train your brain and form new nerve cell contacts and completely new nerve cell pathways.

7. Learn five new words in a language you do not know.

Learning new words sets in motion the same reward systems that are activated by good food. The whole brain always cooperates, but for our language function it is first and foremost the cerebral cortex that is important.

Pumpkin and Potato Soup

This meatless soup makes a savory fall meal. Serve your soup garnished with sesame seeds, lemon juice, red chili and coriander leaves. This soup pairs wonderfully with a nice crusty bread.

Ingredients

- 2 3/4 cups small pumpkin, diced
- 3 large potatoes, diced
- 4 garlic cloves, peeled
- 2 medium red onions, diced
- 2 Tbsp. olive oil
- 2 tsp. thyme
- 1 green chili, finely chopped
- 2 cups fresh coconut milk
- 1 red chili, thinly sliced
- 2 Tbsp. lemon juice
- 2 Tbsp. toasted sesame seeds



2 sprigs fresh coriander leaves, finely chopped
Salt and pepper to taste
Fresh parsley, chopped
Optional garnish: toasted pumpkin seeds, sage leaves, cheese or parsley

Directions

Step 1 - In a large frying pan over medium heat add the olive oil, diced pumpkin, potato and onions. Once these ingredients are lightly fried (the onion should be slightly soft) add the thyme and green chili (if you are using it). Salt and pepper to taste.

Step 2 - Once everything is slightly soft and has good color, transfer the mixture to a blender or food processor. Puree until mostly smooth, but not completely liquified.

Step 3 - In a large soup pot on your stove at medium heat, add the pumpkin mixture and coconut milk. Simmer for 15 minutes or until slightly thickened.

Step 4 - Toast your sesame seeds and set them aside to use as a garnish.

Songs from Our Past Tell the Story of Ourselves

Imagine you're stranded on a remote island and you can listen to just eight songs. What would they be?

This question is posed by BBC radio program "Desert Island Discs." The answers inspired researchers to conduct a study.

The findings indicate that when imagining isolation, people choose music reminiscent of the time between ages 10 and 30, when one's identity is being formed. Even Ruud, professor emeritus at the Norwegian Academy of Music, states "The music has a very emotional effect on us... It is therefore well suited to evoke memories and to create the story of ourselves."



The top reasons people cited for their song choices were that the song reminded them of a relationship, a particular time in life, or a major life change.

The findings of this study are very relevant in this time of the coronavirus pandemic, when many people are feeling isolated and uncertain. As autumn descends on us, heat up some apple cider in your favorite mug, get cozy on the couch, and bask in the comfort of your own "desert island" favorites.

Julekake

This classic Norwegian Christmas bread makes a terrific addition to breakfast, and it can also be served as a snack or as an accompaniment to almost any meal. The recipe makes 2 loaves and serves about 8, depending on how thickly you slice the bread.

For the Bread

- 1 1/2 cups milk
- 1/2 cup sugar
- 1/4 cup shortening
- 2 packages active dry yeast (2 1/2 tsp. each)
- 5 1/2 cups (23 1/2 ounces) flour, plus more for kneading
- 1 1/2 tsp. salt
- 2 eggs
- 10 ounces candied cherries and candied orange peel, combined
- 3/4 cup golden raisins
- 1/2 cup currants



Step 1 - In a saucepan over medium-high heat, scald the milk. Remove from heat and add the sugar and shortening. Cool to lukewarm. Add yeast and set aside for 5 minutes to activate the yeast. Stir in 3 cups flour, beat, then add the salt and eggs and beat again. Add cherries and orange peel, raisins and currants. Stir in the remaining flour.

Step 2 - On a lightly floured board, knead well until smooth and elastic, about 5 minutes. Place the dough in an oiled bowl and cover loosely with plastic wrap; set aside in a warm place until the dough is doubled. Punch the dough down and let double again.

Step 3 – Heat the oven to 375 degrees F. Divide the dough in half and place each half in a greased 9-inch by 5-inch loaf pan. Bake until browned on top, 25 to 30 minutes. Cool on a rack before icing.

For the Icing

- 3 Tbsp. milk
- 2 1/2 cups powdered sugar
- 1 Tbsp. softened butter

In a small bowl, beat the milk with the powdered sugar until the frosting is thick enough to spread. Add the butter and continue to beat several minutes until very creamy. Spoon over top of cooled loaves and let dribble down the sides.

Recipe from former Los Angeles Times food writer Russ Parsons.

What a great Frokost!

Again for the 21st year, we had a great Frokost! The beautiful weather brought people to the breakfast. It was wonderful to see so many members step forward to help make the breakfast a success. Thank you so much to all who helped in any way. It takes everyone and you made a difference! Again this year, our bake sale did a wonderful job as well. The Frokost is one of our large fundraisers.

Thank you for:

- Making waffles, rosettes and fry cakes ahead of time,
- Setting up the Community Center on Friday and for helping with the tear down on Saturday,
- Making food at home ahead of time and bringing it in on Friday,
- Coming in very early to help,
- Putting up and taking down the signs and banners,
- Rolling meat, arranging cheese, checking off food donations, packaging, pricing and arranging the bake sale items,
- Setting up and taking down and working in the cookie room,
- Setting up the coffee pots, making and pouring coffee, pouring the milk and juice,
- Working at the bake sale table and membership table,
- Making waffles and cashiering at the door,
- Organizing serving trays, slicing vegetables and working in the kitchen.
- Serving food to our guests, taking out the trash, washing dishes all day,
- Donating food or cash and for all the others who worked so hard and did so much,

A big THANK YOU to Nancy & Duane Kittleson for making all the lefse plus making the rullepolse, fry cakes, cookies and a Nesco of Rommegrot.

We smiled, greeted and served a great number of guests during the breakfast and our events are becoming well known.

Our fundraiser was a great success! Always remember that your contributions matter and are appreciated. Vennelag is very proud to call you a member and values your participation.

Tusen takk!

Rita Schraepfer, Event Chair

Photo submission credit to Harley Skjervem for the following Frokost pictures









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Do you have a change of address?

Please inform International Headquarters of any change in mailing address or email.



You may make a request to discontinue the printed copy of the Newsletter and to receive an email copy.

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.