

BOARD/Business Meetings

juli 13, 2022-Skål Pub, 6:30 PM

august 10, 2022-Skål Pub, 6:30 PM

LODGE Meetings

***juni 30, 2022**- Midtsommer picnic celebration,
Brigham Cty. Park, 3160 Cty. Hwy. F, Blue Mounds, WI

juli-NO LODGE MEETING—**KAFFE STUE**, Mallard's game

MALLARD'S GAME-Tuesday, July 26th, 6:30 PM

August-NO LODGE MEETING-ROAD TRIP to Geneva, IL

Vennelag Raffle Drawing- May 17, 2022

Gratulerer to Paul Ernst of Middleton for winning the Grand Prize in our "Trip to Norway" raffle. The winning ticket was sold by President Watrud (who is trying to get a seller's percentage!) Paul is the retired owner and President of Harbor Athletic Club, and he is a Vietnam veteran. He has opted to take the cash settlement.

The other winners are:

2nd prize (\$500) Barb Morkri (wife of Mike)

3rd prize (\$250) Damon Krueger (son of Beaner)

4th prize (\$150) Rob Rondell of Fond du lac

5th prize (\$100) Don Mueller



ORD FRA PRESIDENTEN

Well, 2022 is half over and it seems like it has just begun. So far, we've had great attendance at lodge meetings with very interesting programs. The Syttende Mai dinner was great, with a nice turnout. We have a good sign-up going for the annual Midtsommer picnic. Meet at 5 PM. Serving begins at 6 PM. A dish to pass is optional, but welcome.

We need all hands-on deck for the 2022 Kaffe Stue on July 15-16th!

The proceeds from our fundraisers such as this enables us to participate as a proud community partner, by contributing to many worthy causes such as the Optimist auction for children and the Giving Tree, a Christmas project which supplies needed items for area youth. Seniors and special needs individuals benefit. We have also supported Second Harvest Food Bank of Wisconsin.

Recently, Vennelag Lodge awarded three-\$1,000.00 college scholarships.

Our hard work has provided meals to members and helped to defray the cost of the 50th Anniversary banquet.

The S.S. Vennelag has been a hit in three area parades! Could it be the smoking dragon? As we think about our float's heritage, we have planned an outing to the Viking ship in Geneva, IL for August 13th. *Further details are in this newsletter.*

It's not too late to sign up for the Mallards game on July 26th. Our seating has been reserved behind home plate. Read on for more information!

There are some great things planned for you in the coming months. Have a safe, sane, healthy, and fun summer! -- **Allen**



SYTTENDE MAI PARADE-STOUGHTON, WI

Parade Update from Captain Mark Hanson

On Sunday, June 5th, our float made an appearance in the Hometown USA parade in Verona. Our float fit perfectly into the chosen theme, an era of time. There were many cheers from the parade-goers, and who knows...perhaps a new member or two were in the mix!

Sunday, June 12th, Mt. Horeb Parade starts at 12:00 PM for the Mount Horeb Summer Frolic. The route, which begins at Mount Horeb Middle School and ends on the Frolic grounds at Grundahl Park, will have a different route in 2022 and 2023 due to the Highway 69 detour utilizing Main Street. Here is a link to all the Summer Frolic activities: [Mt. Horeb Summer Frolic – The Kickoff to Summer! \(mthorebsummerfrolic.com\)](http://Mthorebsummerfrolic.com)

Looking ahead... the Middleton Good Neighbor Festival parade is on the docket for Sunday, August 28th. Allen has secured our entry an earlier position in the line-up! Be watchful for further updates that will be sent in an eblast. Riders will be ferried to the starting point once we know where our staging area is located. Thanks –Mark

FOUNDATION REPORT–Harley Skjervem

The Sons of Norway Foundation has approved an increase of \$20,000 in grant- giving since 2021 for a total of \$56,000 to date. Two large, unexpected bequests made this possible.

Duane Kittleson from Vennelag Lodge was called to serve as the interim treasurer for the fifth district. He oversees the Nordic Legacy Foundation which supports cultural projects in the Midwest.

By supporting the Sons of Norway Foundation through local lodge giving, we are preserving Nordic heritage for all ages now and into the future.

If you would like to learn more about the SofN Foundation, go to: www.sofn.com/foundation.

Emily Stark, Sons of Norway Foundation Development Manager will be attending the Sons of Norway District 5 meeting in June, in Madison.



In preparation for this year's Kaffe Stue, a group of members met to try a new recipe for lefse. Reviews were positive, and we will be implementing a russet flake variety this year. We will be rolling this lefse on June 28-29. Know that all are welcome to join us.



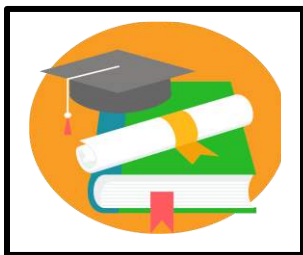
To quote Herodotus, a Greek historian, "Neither snow, nor rain, nor heat, nor gloom of night stays these courageous couriers from the swift completion of their appointed rounds."

On Friday morning, May 20th, two hearty Viking descendants donned rain garb and set out on a long journey. This year the job went upscale as a three-wheel vehicle came into play!

Holding bags of refuse collected along the *Military Ridge State Trail* are Mark Hanson and Arlene Watrud-Krueger. The bike trail clean-up is one of Vennelag's community service projects.

Takk, Mark and Arlene, for a job well done!





Vennelag Lodge has been awarding scholarships for many years begun by former lodge member Melba Huseth. Vennelag Lodge also supports youth ages 9-15 who want to attend District 5's summer heritage camp, Masse Moro, where kids have" lots of fun!" Contact Arlene Watrud-Krueger for info: akrueger@chorus.net

SCHOLARSHIP NEWS

Vennelag Lodge has awarded three scholarships for the 2021-2022 school year to three very deserving lodge students. This year's recipients are Claire Tranel, Nathan Albrecht, and Martin Amundsen. These students are active and contributing members. They have participated in fundraisers, lodge meetings, and helping to run various lodge events. Claire and Nathan received their scholarships at the Mt. Horeb High School Senior Scholarship Ceremony. Martin received his scholarship at the Syttende Mai banquet held on May 26th.

Gratulerer til alle! The Vennelag scholarship committee and lodge members wish you the best in your future endeavors. We invite you to return and share an update with us. Contact President Watrud.

VENNELAG LODGE GOALS FOR 2022

- Membership goals-10 new members
- Food events to share Norse heritage and culture: Kaffe Stue, Høst Frokost, and lefse sales.
- Foundation fundraising goal-\$900
- Local philanthropy and support-scholarship(s), Holiday giving tree, support of other service organizations' activities
- Link to Norway through travel, September 2022, with more proposed in the future!

Tankeløst hode får
lettest sove.

"An empty head
gets the easiest sleep"

-Norwegian proverb



Bedre en dårlig
hest enn ingen
hest i det hele tatt.

"Better a poor horse
than no horse at
all."



*En hekk mellom
holder venner
grønne.*

*"A hedge between
keeps friends green!"*



*Gammel kjærlighet
ruster aldri.*

«Old love never rusts.»





THE KAFFE STUE 2022
JULY 16, 2022
Mt. Horeb Community Center
107 N. Grove Street



Sandwiches and Meats

Roast Beef Wrap
Turkey Wrap
Veggie Wrap

Ham open-face
Lox open-face

Herring served with crackers
Varme pølse-hot dog in lefse

Salads

Sliced cucumber

Fresh fruit

Sweet soup

Strawberry

Sweets

Rømmegrøt

Lefse

Almond Cake

Cookies and Pastries

*Frycakes

*Rosettes

*Sandbakkels

*Krumkake

***These offerings will be made with a standard recipe to ensure a quality, consistent product.**

Beverages

Water

Coffee

Lemonade

****The Kaffe Stue is an all-lodge event; we need *everyone* to help! Strong workers will be required on Friday, July 15th, to transport equipment and to set up tables and chairs. A repeat will happen on Saturday, July 16th, for the removal of items and transport back to the storage unit.**

*****Restricted for two years, we would like to make this event one of our best. We count on *You*, our members, to help make the 2022 Kaffe Stue successful. Your food offerings are needed, and we need feet on the floor to help provide service to our guests. Youth in need of silver cord hours are welcome to join us!**

****** Share this menu with your neighbors, friends, and relatives! Invite them to join you on the day of our event! Copy this menu and post it in your favorite haunts: coffee shops, gas stations, the library, in a clinic, at church, or on a community bulletin board.**

Vennelag Lodge thanks you for helping to share Norway's heritage and culture through this food event. Tusen takk-one thousand thanks!

RECIPES FOR THE KAFFE STUE

To help ensure the quality and consistency of the foods we showcase to the public, Vennelag Lodge will be standardizing the recipes we use for sandbakkels, krumkake, rosettes, and fry cakes. Selling quality products brings repeat customers.

We need volunteers to make krumkake, rosettes, sandbakkels, and fry cakes. The recipes are from prior lodge cookbooks and our members. Please email Cheryl at rogcher@mhtc.net if you can help in this manner. Members who wish to make Norwegian cookies are welcome to use their recipes.

Crisp Krumkake (curved cookie) Makes 5-6 dozen

Mix by hand. Please **DO NOT** use an electric mixer, as it produces air in the batter and makes the cookie look full of holes.

4 medium eggs
2 cups sugar
Stir till combined.

Then add:

1 cup milk. I used 2%, can use ½ & ½ cream
1 cup butter (melted, cooled)
2 teaspoons vanilla
½ teaspoon almond flavoring
Stir.



Finally, add:

2 2/3 cups All-Purpose Flour + 2 Tablespoons cornstarch

Combine flour and cornstarch in a sifter or mix these with a whisk before adding to the liquid. Stir until *just combined*. The mixture should sit a while to allow air to escape the batter.

Use vegetable oil to coat the inside of the maker lightly. **Pam spray is not recommended. Build-up on the surface of the metal after years of use will produce inferior krumkake.**

Heat the krumkake maker until the light goes out. The iron must be hot! Place dough into the middle of each cookie mold using a teaspoon or small cookie scoop (1 teaspoon). Close the top. Lock the handles. Wait for the light to go out. See note below.

Bake for about 30-60 seconds. Remove from the iron; roll onto a wooden dowel.

Remove each cookie from the iron and roll it around the wooden dowel or cone while it's warm. If it's cool, the cookie will break. Cool completely on a baking rack.

CONTINUED ON p. 7

When cookies are thoroughly cooled, place them in a metal container such as a popcorn canister. Keeping the lid in place will preserve the cookies' taste for three months or more. Do not freeze them, as the moisture will make them soggy!

*****Not all makers are accurate with the light feature.*** A suggestion is to watch for the steam to stop escaping from the appliance and check for your desired color. One can use a timer to help with consistency once you have the amount of "brownness" you like.

FRY CAKES

1 c. sugar

2 eggs, beaten

2 Tbs. butter melted

½ tsp salt

1 tsp. nutmeg

3-1/2 cups flour

1 tsp. vanilla

1 c. buttermilk

1 tsp. soda dissolved in the buttermilk

1 tsp. baking powder

The dough can be chilled or just rolled out about ¼ inch thick.

Fry in oil about 375° until brown. Flip over and drain excess grease on paper towels. Place on a cooling rack.

Karen Ranum will demonstrate this recipe on June 27th, beginning at 4:30 PM at the ELC kitchen, 315 E. Main Street, Mt. Horeb.



❖ We will make the lefse needed for the Kaffe Stue on June 28-29, 2022, at the ELC, beginning at 9 AM. Please bring your equipment. Lunch will be provided. We need rollers, flippers, baggers, and dough mixers. Alle er velkommen! Tusen takk.

SANDBAKKELS (sand cakes or sand tarts)

½ c. Crisco
½ c. butter or margarine
1 c. granulated sugar
2 eggs, unbeaten
1 tsp. vanilla or almond extract
2.5 cups of flour



Cream shortenings and sugar together with an electric mixer. Stir in remaining ingredients, beat well. Chill 2 hours or overnight.
Form into balls, the size of a walnut, and press into the tins. Do not cover the edge of the tins.
Bake at 350° for 10 minutes or until lightly browned.
Cool a minute or two before turning out over a cooling rack or cookie sheet.
The tart should slide out of the tin, but sometimes a gentle tap on the bottom of the tin with a spoon is required.

ROSETTES- (will keep six months in an airtight container stored in a cool location)

Ingredients

2 eggs
1 T sugar
¼ tsp. salt
1 tsp. vanilla
1 c. whole milk
1 c. flour



Beat the eggs slightly with an electric mixer, set aside.
Combine 1 c. flour and 1 c. milk in a bowl, beat well and strain to remove any lumps.
Add 1 T sugar, ¼ tsp. salt, and 1 tsp. vanilla. Mix well with an electric mixer.
Lastly stir in the two slightly beaten eggs, only until blended.

Heat the vegetable oil in a deep-fat fryer to a temp between 350-375°. While heating the oil, place the rosette irons in the oil to warm them.

Blot the iron on a paper towel before dipping it into the batter. Do not cover the top of the iron. Lower the iron into the oil and fry until you achieve a light golden color. Loosen the rosette from the iron when it begins to turn color. Turn the rosette and fry until you achieve the same color on both sides.

Bake off excess grease on paper towel covered a cookie sheet. Bake in a cool oven at 225° for approximately 20 minutes. Store in metal containers placing sheets of paper towels between each layer. Before serving, dip into a bowl of granulated sugar or sprinkle with powdered sugar.



Vennelag Lodge Night at the Mallards
Tuesday, July 26 6:30 pm

Changes for 2022:

- Reserved seating is in section 106 (behind home plate)!
 - No need to get there early to save seats
 - Easier to deal with e-tickets
 - You can print your own tickets, or we can print them for you.
- \$17 per person - includes a Mallards baseball hat
 - No *Duck Blind* food and drink options this year
 - Eating and dining are on your own.
- Sign up at a meeting, or let us know via phone, text, or email.
 - vennelaglodge@gmail.com or phone/text to 608-772-1969
- Make your reservation by **July 8th** to be included in our seating area.

Concerts on the Square is Back!

Concerts on the Square returns to downtown Madison on Wednesdays, beginning June 29th. Meet fellow members near the Colonel Heg statue and enjoy an evening of great music. Bring your favorite bottle of wine, a snack to share, and whatever you would like to eat for dinner. There are food stands around the State Capitol where one can buy sandwiches or salads if you choose.

June 29-Motown with Spectrum

July 6-Summer Celebration

July 27-Rachmaninov's Third

July 13-Reflections on Liberty

July 20-The Planets and the Ho-Chunk dancers and singers

August 3-Finale with Foley-featuring bassist Xavier Foley

Behold, the Queen of Rømmegrøt!

From the Vernon County Field Editor Heidi Overson (submitted by Gayle Anderson)

“Even if you have never met Bertha Johnson, or haven’t tasted her Rømmegrøt, she will probably change your mind.” Norwegian roots run deep in Vernon County and folks enjoy their lefse, Norwegian meatballs and rice pudding.

Many however, don’t go for rømmegrøt because of its looks. This Scandinavian porridge is usually eaten alone with a sweet topping. It’s creamy and full of calcium. When sprinkled with sugar or cinnamon or both and-when it is topped with a pat of butter-it’s delicious. In older times, it was delivered to new mothers, bolstering the health of mom and baby alike.

Bertha’s recipe has changed the mind of many, as she describes it, it is a lot like vanilla pudding. Bertha is 86 and lives in Westby and has been making rømmegrøt for decades. Her foray into rømmegrøt began when a group of friends joined together to learn how to make it in preparation for Westby’s Syttende Mai fest.

Bertha is the first to admit that she is Norwegian by osmosis, and it was her late husband Robert who was Norsk. He loved rømmegrøt and was happy to serve as her quality control engineer.

Bertha’s busiest time is from February 1 to May 1, when she starts to get ready for phone orders. In a recent year, her tally was 50 gallons! Her main ingredients are fresh cream milk, flour, and milk. “That sounds simple, Bertha says, but I believe it is how I make it and the attitude I have that makes the difference.”

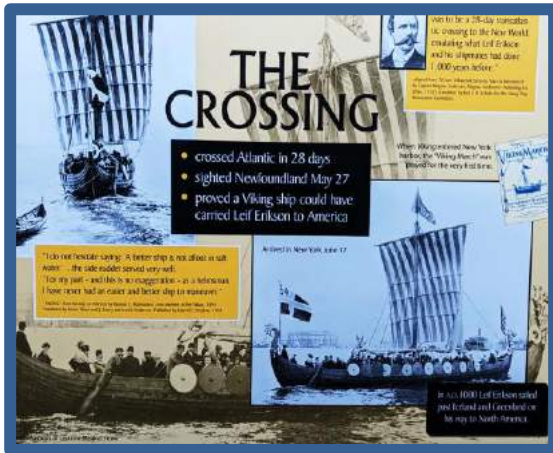
She stores half gallon, (\$15.00) and gallon, (\$30.00) containers in her freezer. She also keeps some 12-ounce cups (\$6.00) around, too. When thawed, it tastes just fine, ya sure you betcha!

“When making rømmegrøt, the temperature has to be just so,” she explains. One must know how to stir and for how long. Each double-batch I make takes 30 minutes.

Bertha was recently honored as the 2021 Master of Festivities during Westby’s Syttende Mai celebration. Does she have a scepter? “No, nothing like that quips Bertha, but I do have a wire whisk decorated with a red, white, and blue Norwegian ribbon for keeping the tradition alive.”

If you are hesitant to try this dish, trust the Rømmegrøt Lady and simply try it! Bertha’s favorite toppings are cinnamon and brown sugar. Long live rømmegrøt!

Editor’s note: Duane and Nancy Kittleson and Guy and Martha Martin have nothing to fear. Their grøt is great, too! For those of you who have never tried it, it is on the Kaffe Stue menu in July!



Join us for what promises to be a very interesting road trip to Geneva, Illinois to view the Norse *Viking* sailing ship on Saturday, August 13. This will constitute the August Lodge meeting. We'll have our own personal tour, estimated to be 1 hour in length.

Leave the Mt. Horeb Community Center parking lot at 9:30 AM for the 2.5 hr. drive. Tour begins at 1:00 PM.

There is a \$7 per person charge for the tour. Depending on interest, we might rent a van or take cars, so there will be a surcharge for gas. Meals are "on your own," and great Italian food is just down the street at Riganato's!

Sign up by email to vennelaglodge@gmail.com, text or phone Allen 608-772-1969, or sign up at a lodge event.

The Viking is an exact replica of the Gokstad. In 1893, under Captain Magnus Andersen, she sailed across the Atlantic (from Bergen, Norway to New York) and on to the World's Columbian Exposition in Chicago (via the Erie Canal and Great Lakes). Viking is approximately 78 feet long and is currently located in Geneva, Illinois at Good Templar Park.



During the week of Syttende Mai, visits were made to identified senior members who are not easily able to attend lodge meetings. They received a geranium for planting or giving and a candy bar which was donated by Janice Sievers at Open House Imports.

Shown here is Gayle Anderson in her home in Fennimore, WI. She is holding a photo of four young relatives who grew up on her family's farm in Norway.

Gayle is extremely proud of her Norwegian heritage and submits articles of interests to our membership. Be sure to read, *The Queen of Rømmegrøt* in this issue! Tusen takk, Gayle!



UFF!

Ole says, "Be very careful ven a guy tells you he is boss at home. Some day he might lie to you about sumting important."

Lars is quite a clown...always joking, even in the hospital. When he was laid up in the hospital and someone knocked at the door, he'd call out, "Who goes dere...friend or enema?"

Momma Johnson: Eat your spinach, Hjalmar. It'll put color in your cheeks.

Hjalmar: Who vants green cheeks?

Do you have a change of phone number or address? Please navigate to www.sofn.com to update your personal contacts. Sign in with your **username** and **password**. Select your profile to make changes. In addition, please notify Duane Kittleson of any mailing address or email changes.

*You have the option of discontinuing the printed newsletter to receive the full-color email version. Find the newsletter: sonsofnorway5.com or Vennelag's website-sonsofnorwaymthoreb.org



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