

## Important dates to remember:

### Lodge Meeting Dates: 6:30 pm start

Thursday August 29, 2024

Thursday September 26, 2024

Thursday October 26, 2024 —details in next newsletter

Thursday \*\*1 week ahead\*\* November 21, '24

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

July 10, 2024

August 14, 2024

September 11, 2024

October 9, 2024

November 13, 2024

## Mark your calendar dates –

Kaffe Stue July 19 & 20, 2024

Mallards Social Outing July 25, 2024

Newsletter Articles Due August 1, 2024

Commerce Day –Iceland –August 7, 2024

Høst Frokost – October 4 & 5, 2024

St. Lucia Day – December 6, 2024

JultreFest - December 8, 2024

National Sami Day - February 6, 2025

Syttende Mai –May 17, 2025

*Hei, alle sammen...*

I sat down to write this after an evening of huge thunderstorms and no power. In fact, our power is still out 12 hours later. No internet, no TV, no AC, no oven, no garage door opener, no refrigerator, etc. And “how long will my cell phone battery last”? You get the idea. Naturally this led to the train of thought of our ancestors and the life they had without any of these conveniences. Their voyage to the New World held the promise of a better life, and they took the risk. That’s why we still celebrate the heritage and culture which they brought with them. Syttende Mai is a great way to rekindle this pride in being Norske.

And food....we can’t forget the food! What a subtle but unintentional way to remind you of the upcoming July 20 Kaffe Stue lunch; looking forward to seeing you all there, and/or at the Mallards game on July 25.

You’ll find other updates for these two events later in this newsletter.

On a more serious note, please don’t let the recently announced dues increase steer you away from your participation in this ongoing Norse celebration. We need you!

*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.

**JULY events:**



**Vennelag Lodge Night at the Mallards Thursday, July 25, 2023**

**Gates open at 5:05 First pitch 6:05 pm**

## FOOD & BEVERAGES

**ALL-YOU-CAN-EAT FOR 90 MINUTES STARTING AT GATES OPEN**

Cheeseburgers, Stoddard's Classic Brats, All-Beef Hotdogs, Vegan Black Bean Patties, Potato Salad, Coleslaw, Watermelon, Chips.

**BOTTOMLESS PEPSI PRODUCTS AND WATER FOR 90 MINUTES STARTING AT GATES OPEN** **\$25**

**BEER OPTION INCLUDES BOTTOMLESS BEER FOR 90 MINUTES STARTING AT GATES OPEN.** **\$32**

Sign up at a meeting or let us know via phone, text, or email

[vennelaglodge@gmail.com](mailto:vennelaglodge@gmail.com) or phone/text to 608-772-1969 BY **7/11!!**

**Kaffe Stue reminders:**

If you bring items for the bake sale please mark if there are any allergens like: nuts (peanuts/tree nuts), soy, dairy, citrus, eggs, wheat, melon, strawberries, shellfish and fish so that if there are questions the ladies and gents can answer correctly when they have questions.

Also note that we can only sell: quick or yeast Breads, Cup & regular sized Cakes (not cheesecake or cream filled), Cookies, Bars, Muffins, fruit-based pies (ones that do not require refrigeration) anything else that is not in the categories listed are per Public Health of Madison and Dane County are not able to be sold at bake sales.

Also there is still time to sign up up via SignUp Genius to make a goodie or two or to help out during the day as we will also need many hands to **set upon July 19, 2024 we will be starting at 2 pm** with setting up the new layout of the tables due to the loss of space in the Community Center. Speaking of many hands during the Kaffe Stue we still need hands to help

clear tables, take out trash, and help make foods or great patrons.

On **July 20, 2024 we will be starting at 6:00am but no later than 8:00am**, so that we are ready for serving the public at 9:00am. Lodge shirts or working bunads are encouraged attire.

Mange Takk!!!!





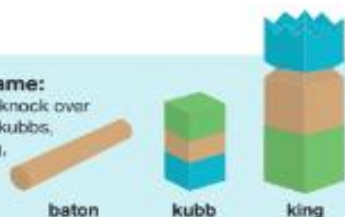
We want to try something new and fun for the August meeting. Kubb is a game that seems to be easier to learn by playing rather than via reading. We've got some world-famous kubb players ready to teach the game to you on our indoor pitch in the Community Center. If you do want to read about it, here's a primer:

# Kubb

Kubb (rhymes with tube) is a lawn game where the object is to knock over wooden blocks, known as kubbs, by throwing wooden batons at them. Kubb originated in Scandinavia and was introduced commercially in the late 1980's. It can be described as a combination of bowling and bocce.

## Object of the game:

Be the first team to knock over all the other team's kubbs, followed by the king, all in one turn.



## 6 batons — 44mm diameter x 300mm

Always tossed underarm. Sideways, horizontal tosses or "helicopter" spins are illegal throws.



Always tossed from behind the baseline (but this can be a temporary advantage line as seen in the example in turn #7).

One baton can topple several kubbs in the same toss. Combos are a great strategy!

## 10 kubbs — 70mm sq x 150mm

Kubbs always start on the baseline, and move to the field only after they have been toppled.

All field kubbs on your opponent's side must be toppled before any baseline kubbs can be overturned.

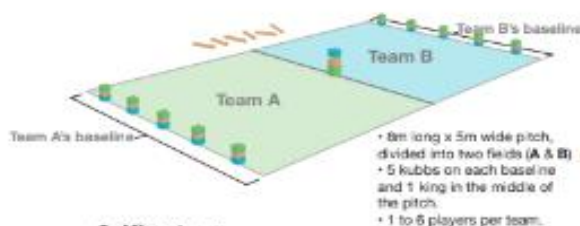
Kubbs can be thrown in any fashion, but must be underarm and from behind the permanent baseline (never a temporary advantage line).

## 1 king — 90mm sq x 300mm (crown optional)

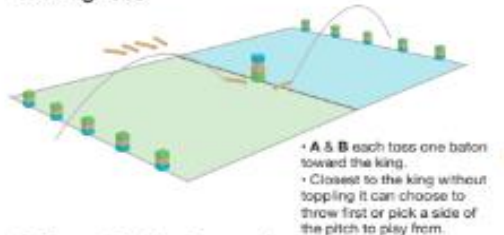
The king is always the last to be toppled. If a team topples the king before they topple all their opponent's kubbs, they lose (it's sort of like an 8-ball in pool).

All king shots are taken from behind the permanent baseline.

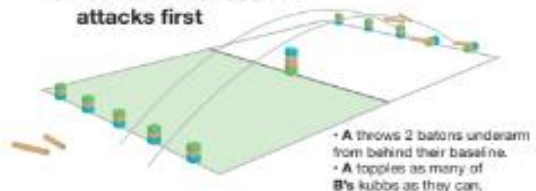
## 1. Set-up



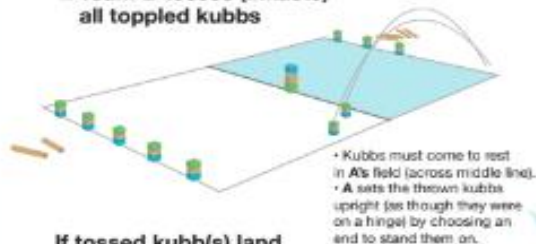
## 2. King toss



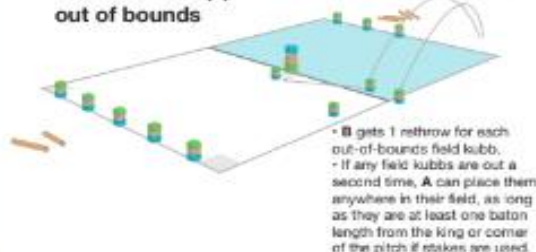
## 3. Team A wins toss and attacks first



## 4. Team B tosses (inkasts) all toppled kubbs



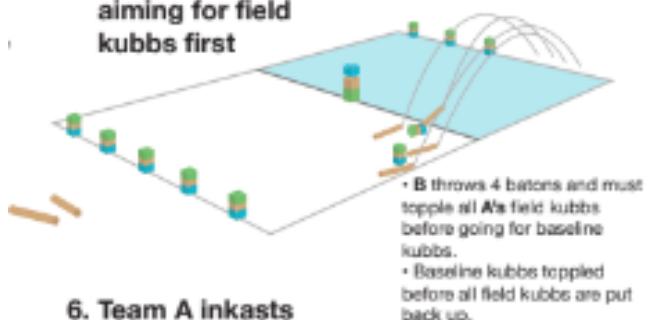
## If tossed kubb(s) land out of bounds



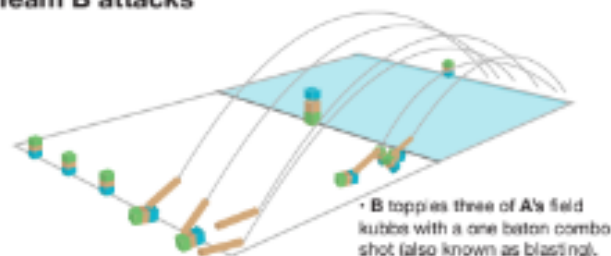
Design and illustration by Bryan Jones, inspired by Scott Moehring. [bryanjonesdesigns.com](http://bryanjonesdesigns.com)



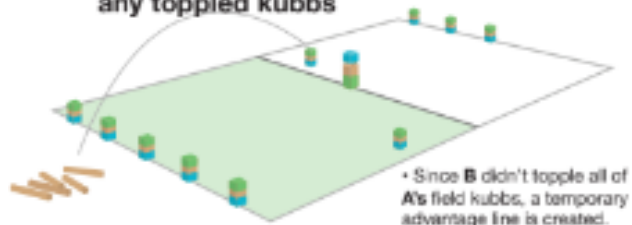
### 5. Team B attacks, aiming for field kubbs first



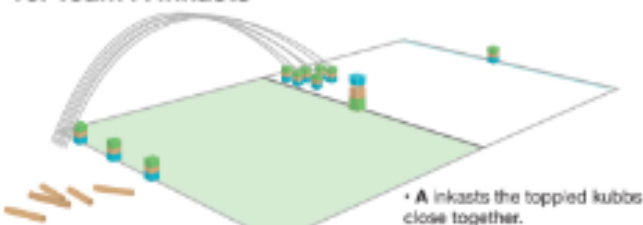
### 9. Team B attacks



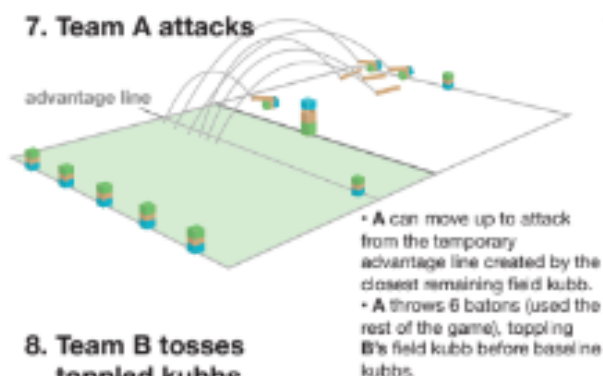
### 6. Team A inkasts any toppled kubbs



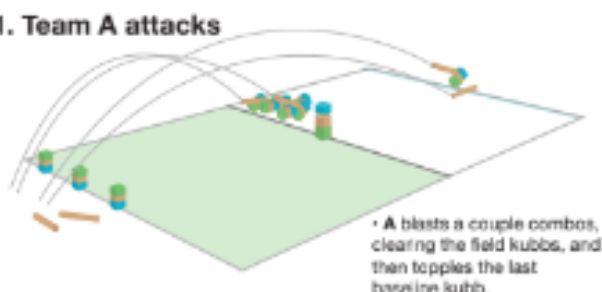
### 10. Team A inkasts



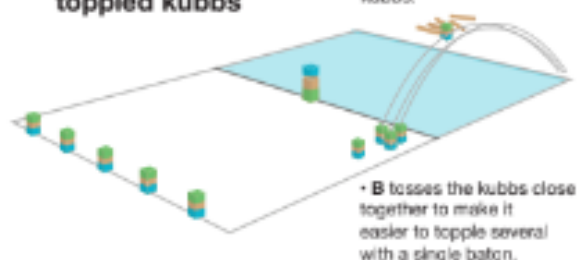
### 7. Team A attacks



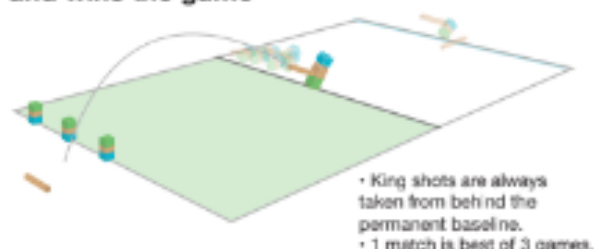
### 11. Team A attacks



### 8. Team B tosses toppled kubbs



### 12. Team A slays the king and wins the game



Note: If a kubba can be raised in-bounds it must be raised in-bounds



How-to videos and tournament rules available at [www.kubbunited.com](http://www.kubbunited.com)

For more information or answers to questions contact [unitedwekubb@gmail.com](mailto:unitedwekubb@gmail.com)

@KubbUnited



### Important Message from Ron Stubbings

Dear District Leaders and Members,

Thank you for your membership with Sons of Norway. The mission of Sons of Norway is to provide quality insurance and financial products to our members, promote and preserve the heritage and culture of Norway, and celebrate our relationship with other Nordic countries. We are able to continue this work because of members like you. Thank you. Like any other business, Sons of Norway has felt the impact of rising costs. Districts and lodges have also felt the impact of rising costs. To meet the increases in inflation, headquarters in all areas of operations has streamlined processes and services. These changes have been made to reflect best practices in both fraternal and insurance operations. The International Board together with the home office is always looking for ways to operate cost efficiently in both fraternal and insurance operations, to sustain the organization's finances and ensure the longevity of our organization. We all work to contain costs by reducing expenses to the extent possible. However, as you know, you can only cut so much. Recognizing that, it was necessary to examine the current dues structure from both an organizational perspective and a district/lodge/member perspective. In November 2023, an international board committee was assigned to evaluate dues as we continue to look at the overall budget. Member dues have not increased since 2018, while inflation has increased 21%. Inflation and the rising cost of doing business have not been reflected in the dues. After numerous meetings and data evaluation, the committee recommended a dues increase which was approved by the International Board of Directors. • Single member dues will increase by \$2 per month for a total annual increase of \$24. Effective July 1, 2024 single member annual dues will be \$84. One dollar of the annual increase will be given to the local lodge and the district. The district lodge portion of the annual dues will increase from \$14 per individual member to \$15 per individual member. The local lodge portion of the annual dues will increase from \$14 per individual member to \$15 per individual member. • Family membership will increase by \$4 per month for a total annual increase of \$48. Effective July 1, 2024, the family member dues will be \$144. The district portion of the annual dues increase for family membership will increase from \$25 per family membership to \$27 per family membership. The local lodge portion of the annual dues will increase from \$28 to \$30 per family membership. • Dues for members in Canada and Norway will increase based on the percentage increase for US members. (40% increase for single members, 19% increase for family members) The dues increase will be effective on July 1, 2024, therefore renewals from that date forward will be at the new rate. If the member's dues were due before July 1, 2024 and payment is received after that date they will still be under the old structure. Likewise, if a renewal is due after July 1 and the member paid it early in June it should be at the new increased rate.

A message will be added to the invoices regarding the dues increase starting with the July 2024 invoices. We encourage you to remind the members in your districts of the values of a Sons of Norway membership: • A magazine focused on their interests that is delivered 6 times per year • Membership and participation in local lodge and district activities • Access to a website and customer service personnel • Funding of lodges and districts with a portion of their dues. The lodges and districts get the benefit of the International Lodge collecting and distributing their portion of lodge and district dues, fraternal programs administered, reporting, administration, a governance structure Future increases and how you can help like most other membership/subscription fees, dues could increase annually depending on a variety of factors (e.g. fraternal membership, insurance sales and retention). You can help to hold down future increases. Please keep in mind that: • Dues do not cover fraternal expenses • Insurance could over time help mitigate any future dues increases but only 30% of social members currently own insurance • Dues are embedded in certain insurance products, meaning if a member purchases insurance, there is no additional dues invoice. Membership continues as long as the policy remains in force • District and lodge operations can help reduce costs at headquarters by being timely in submitting documents such as D63, D17 & D18, LAF and 990's to the IRS • Purchasing a financial product helps support Sons of Norway • Encourage members to pay dues monthly similar to a Netflix or similar subscription. Thank you for your leadership in Sons of Norway.

Fraternally, Ron Stubbings International Chair

## **It's Healthy to Let Your Mind Wander**

Letting your mind wander in everyday life has an undeservedly bad reputation, a researcher has found.

Imagine that you have to work on a report the boss has ordered, but are gazing out of the window at the sun melting the dirty snow. In your mind's eye, you see the yellow crocuses at home in the garden. Have more arrived since yesterday, and maybe some tulips? You should not feel guilty about daydreaming. "You should give yourself plenty of gaps in the workday to let thoughts come and go completely freely," says Professor Halvor Eifring at the Faculty of Humanities at the University of Oslo.

### **Half of our waking state**

We spend almost half of our waking hours thinking about everything other than what we "must" and "should." Spontaneous thoughts make up a whopping 47 percent of our waking thought activity.

Researchers measured this by sending messages on smartphones to a number of people at random times, asking them what they are thinking about. When we let our thoughts wander freely, the brain's default mode network, or resting network, becomes more active, research from 2007 shows. Later research has shown that this part of the brain is also involved in dreams.

### **Shifting focus ensured survival**

We are genetically predisposed to occasionally stare at the birds in the air, the antelopes by the water, the wind in the trees and the warm air on the ground on the horizon.

Humans originated from the savannah of Africa, where we depended on seeing, hearing and smelling our surroundings to survive.

"It would be dangerous if we did not regularly shift the focus from the near to possible distant dangers, such as registering a predator that was approaching," he illustrates.

### **Spontaneous thinking fulfills eight functions**

Eifring has collected research on the topic in several fields, and found that spontaneous thoughts can fulfill at least eight different functions:

- they act as comforting thoughts
- process bad feelings
- promote creativity
- help change your perspective if you are stuck
- process and interpret memories from the past
- contribute to increased self-understanding
- stimulate empathy
- prepare you for potential new challenges in the future

## Counties Go Separate Ways

In 2017, Norway's Storting voted to combine several fylker, and 19 counties became 11 regions in January of 2020. This administrative reform attempted to strengthen each region and improve coordination between municipalities, regions and state.

According to the website LifeinNorway.net, several of these combined regions decided that the set-up was not working and have rolled back the mergers as of January 1, 2024. Now there are a total of 15 counties.

### Continuing as merged counties:

- Agder
- Vestlandet
- Trøndelag
- Innlandet

### Splitting:

- Troms og Finnmark are breaking up
- Viken will revert to Buskerud, Akershus and Østfold counties
- Vestfold og Telemark will also roll back the changes

### Unaffected by both 2020 and 2024 changes:

- Møre og Romsdal
- Nordland
- Oslo
- Rogaland

Not everyone was in favor of the restructuring, including the police service, who will need more resources and officers to cover the increased number of counties.





## Fish on the grill

<https://www.food.com/recipe/grilled-fish-in-foil-6919>

Serves: 4

### Ingredients

1 lb. fish fillet (fresh or frozen)  
2 Tbsp. margarine or butter  
¼ cup lemon juice  
1 Tbsp. parsley, chopped  
1 tsp. dill  
1 tsp. salt  
¼ tsp. pepper  
paprika  
1 medium onion, thinly sliced



### Recipe

- On 4 large buttered squares of heavy-duty aluminum foil, place equal amounts of fish.
- In small saucepan, melt margarine; add lemon juice, parsley, dill, salt and pepper.
- Pour equal amounts over fish.
- Sprinkle with paprika; top with onion slices.
- Wrap foil securely around fish, leaving space for fish to expand.
- Grill 5 to 7 minutes on each side or until fish flakes with fork.
- Refrigerate leftovers.



The following float photos are from the Stoughton Syttende Mai and the Verona Hometown day Parades











### The Royal Palace Buried Treasure

During World War II, the Norwegian royal family hastily abandoned the royal palace as Hitler's army began its invasion of Norway. Although the family managed to flee to safety, they left behind many precious belongings, including the royal jewels.

Two years later, a Nazi collaborator named Vidkun Quisling took great interest in the royal palace and the abandoned treasures inside. However, upon entering the castle, he discovered the valuables were missing.

Fortunately, Carl Otto Løvenskiold, head of the royal court, had decided to safeguard the royal jewelry when the monarchs fled. In the middle of an April night, he went to the palace and packed the jewels into five large suitcases. He took them to his family's cabin, deep in the forest near Oslo, and buried them under the woodshed. The jewels remained hidden there for five years.

When the war ended in 1945, Løvenskiold returned the royal jewelry back to the palace. His efforts earned him The Royal St. Olav's Order and a personal thank-you letter from the king.





## Erika the Red?

Viking warriors are a big part of Scandinavian history, often depicted as fierce, muscular, bearded men. However, using facial recognition technology, British scientists have challenged this view as they recreated the remains of a woman warrior buried in a Viking graveyard in Solør, Norway.



At first discovery, the burial site was not considered a warrior grave, "simply because the occupant was a woman," according to archaeologist Ella Al-Shamahi. However, the scientists found that the woman was buried with multiple deadly weapons including an axe, spear and sword. Perhaps more shocking, she had suffered a major head injury that resulted in a serious dent, most likely caused by a sword.

A similar situation occurred with the Birka Warrior in Sweden. The remains were originally believed to be male, but scientists proved later that they were in fact female. Professor Neil Price, a Viking expert, stated "There are so many other burials in the Viking world...It wouldn't surprise me at all if we find more [female warriors]."



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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](http://www.sonsofnorway5.com).

\*Find us on the web: [www.sonsofnorwaymthoreb.org](http://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.

