

Important dates to remember:**Lodge Meeting Dates: 6:30 pm start**

Thursday August 31, 2023

Thursday September 28, 2023

Thursday October 26, 2023

All Lodge meetings held at the
Community Center - 107 N Grove St. in Mount
Horeb, unless otherwise noted in articles.

Board/Business Meeting Dates:

6:30pm at Skål restaurant in Mt. Horeb

Wednesday July 12, 2023

Wednesday August 9, 2023

Wednesday September 6, 2023

Mark your calendar dates –**Kaffe Stue****-July 14 -2pm set up****-July 15 – 8:00 am KAFFE STUE DAY!!!****Lodge social opportunity Mallards–****July 20, 2023****Newsletter Articles Due–August 1, 2023****SofN Zone 3/Mandt Lodge Picnic****August 13, 2023****Commerce Day -Iceland –August 7, 2023****PARADE Middleton Good NeighborFest -****Aug 27, 2023****Høst Frokost – October 7, 2023****JultreFest –December 3, 2023****St. Lucia Day –December 6, 2023****President news:**

One of the purposes of Sons of Norway membership is to promote the culture and heritage of the old country, which naturally means FOOD! To that end the annual Kaffe Stue, to be held on Saturday, July 15, is an all-hands-on-deck event. It's our chance to really show off to the community, and we have a loyal customer base that looks forward to it. Let's really shine this year. When Tiffany and Orville come looking for assistance, let's be there for them.

And as we head into the second half of 2023 (already!), I'd like to plant the bug in your heads to start thinking about being part of the Vennelag leadership team. It's time for new faces, ideas, members, programs, and direction. We'll be looking to name a nominating committee in the near future, so please think about how you can help move the Lodge forward in 2024 and beyond.

Takk så mye,
Allen

**Volunteering is not a
choice it's a
responsibility.
- Unknown**

It's finally summer! So it's time to find a new Scandinavian Food or Events in Wisconsin and other Midwestern states to enjoy. We all can get out and explore new places. Make a note of the place location and food items then bring that info to our lodge meeting to put on our poster for travel places and events. Looking forward to see new locations on our lodge list.

- Karen Eberhart, Membership Director



Karen Eberhart and Jean Bower all smiles from the Scandihoovian festival in February.

Jean Bower relaxing below in her Dragon Chair after Scandihoovian festival



Gayle Anderson found in her stash of delicious recipes a lefse recipe that has been passed down over the years and would like to share it with Vennelag members:

Yew tak yust ten big potatoes
Den yew boil dem till der done
Yew add to dis some sweet cream
an' by cups it measures vun
den you steal t'ree ounce of butter
an' vit two fingers pinch o' salt
yew beat dis very lightly
If it ain't gude it iss your fault
Den yew roll dis tin vit flour
an light brown on stove yew bake
Now call in all Scandihoovians
tew try da fine lefse yew make.



*Kaffe Stue is just right around the corner and we need you, your family and friends to help in the kitchen to help our guests enjoy our offerings of meatballs, lefse, and all other Norwegian goodies. Orville and I have organized baking days, while we're almost ready for Kaffe Stue, we have a final push on Saturday July 15, 2023 that we can't do without you! We will need many hands to help set up on **Friday July 14, 2023 starting at 2 pm and 8 am on July 15, 2023.** If you are new or have been helping for many years please be prepared to step in where you can since it's a hectic day of making sure all the Norskies and Norskie lovers are fed the good food we have and Orville/I are new to organizing this event. Also don't forget that we have a bake sale going on and for that we are asking that we focus on making Norwegian goodies for people to take home.*

Since we are serving the public we ask that you wear, if you have one, the Vennelag Lodge shirt or something that doesn't have holes, tears, rips or the such. If you need a Lodge shirt they are still available in limited sizes and please ask a Board member at a meeting. If you have a Bunad and it would be comfortable for that day please wear it ("working" Bunads are encouraged as they are slightly cooler).

Kaffe Stue –CoChairs Orville Olson and Tiffany Schwoerer

*Volunteers are not paid because they are worthless,
but because they are priceless. –Unknown*

Speaking of baking there is an ingredient that you may not have heard about called Hartshorn. This ingredient was made from the antlers of the deer family in the Middle Ages from male deer or hart as they were known then and believe it or not it helps keep your crispy delicious treats crispy but slightly chewy. Now in modern times we call this ingredient Bakers' Ammonia or ammonia carbonate which is very correct description as it does really smell like ammonia and will stay in your nose for many hours after you first take off the lid to use the ingredient. Oddly once you bake your treat the ammonia smell dissipates a bit although it can still have a slight ammonia smell and there is a different flavor. However this ingredient cannot be just added into any recipe but if need it for a recipe and you don't have it no worries –you can use regular baking powder just use twice what the recipe calls for Hartshorn. Note that this should not be confused with cleaning ammonia –that is a different chemical and should never be eaten/drunk.



Vennelag Lodge Night at the Mallards Tuesday, July 20, 2023

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

- \$17 per person - includes a Mallards baseball hat
- No DuckBlind food and drink options
- Eating and dining are on your own
- Easier to deal with e-tickets
 - print your own tickets or we can print them for you)
- Reserved seating in section 104 (behind home plate!)
 - (No need to get there early to save seats)

Deadline for reserving

seat(s) is July 7, 2023 to

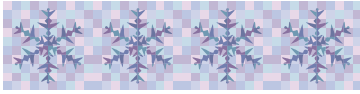
Allen at

vennelaglodge@gmail.com



Plan to come to the August 31, 2023 Lodge meeting to hear local historian Brian Bigler talk to us about the travels of the Norway Building, formerly of Little Norway. His magazine article was recently forwarded to everyone, but this talk should allow for any Questions & Answers you might find of interest.

Martin Amensen & Jean Bower stopping quick during Scandihoovian festival for a photo op.



Can you believe that we were tired of snow?

Have you ever had a problem getting your cows down from the alpine pastures that they have ensconced themselves in for the day? The Scandinavians have a solution – Kulning or sometimes called Kulokk (depends on the Norwegian or Swedish side of the peninsula you are from) this is a calming vocal melody that usually the herder (a young female if we are talking prior to the late 1900's) that is very huldre-esk in the way it pulls the animals into coming to them.



Back before the technology that we have today- Kulning served as a way for herders to talk to each other without being within visual distance (the Swiss used yodeling and alphorn playing in this way as well). Also the animals were conditioned to the tone of their herder so they could find their herder if the animal became lost. Many of the songs were and are still handed down from one singer to another, and in true folk style -they are not written down but are learned by ear only. More recently there has been a need or want to write down the music, many times now the students will also record either by audio or video so that they can either pass down that to the next generation or preserve the melody. By recording the melody the students also try to emulate the phrasing or technique that the teacher has and can practice without the teacher since our modern lives are becoming increasingly full.

Films of Norway

Films of Norway is an internet streaming service with a wide variety of Norwegian movies and TV series offered through a budget-friendly monthly or annual subscription. Watching these programs is a fun way to learn about Norwegian culture and improve your Norwegian language skills. **Sons of Norway members worldwide are entitled to 1 free week and 25% off the regular monthly or annual subscription rate.**



Ron Goplin on the left carefully lines up his next strategic shot in this year's annual Stoughton Kubb tournament, co-sponsored by Mandt Lodge.

Ron's team, Norse Force, didn't make it into the championship bracket, but had a good time anyway.



Stoughton Syttende Mai sailing crew above.

Photo on the right is of Vennelag members Carolyn Johnson, Aldeen Fjelstad and Cheryl Wille-Schlesser at Tvindefossen waterfall near Voss, Norway on their recent Folk Art, Fjords and Fiddles tour in May 2023.





Second snow-sculpture from the Scandihoovian festival in February.

Make sure you are keeping track of your hours that you work on Kaffe Stue for the end of the year Non-Profit reporting
–Thank you!!

Verona Hometown days boat crew ready for sailing



Scholarship Announcement by Arlene Watrud-Krueger

On May 3, with President Allen Watrud, it was my pleasure to attend the Fennimore Scholarship program to award Alyssa Bray the 2022-2023 Sons of Norway Vennelag Lodge 5-513 Scholarship. Alyssa is the granddaughter of Jo Don Anderson. She is very proud of her Norwegian heritage and the traditions she has learned from her grandmother. Congratulations to Alyssa as she graduated Summa cum Laude. During her high school years, Alyssa was involved in a variety of sports, she was a member of FFA and 4-H, and she performed many hours of community service. Alyssa will attend Southwest Technical School for one year and will then transfer to a four-year institution. Gratulerer to Alyssa. She is a very deserving recipient and one that our Lodge can be proud of.

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Do you have a change of address?



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

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

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