

*** BOARD Meetings**

March 9, 2022-TBD

April 13, 2022-TBD

**** LODGE Meetings IN PERSON!**

Sunday, March 20, 2022, 2:00-4:30 PM

(Please bring your trimmed stamps for Tubfrim to this meeting, leaving a ¼ inch border around each.)

Norwegian Cooking Class Demo-Connie Aiello
We will welcome the public. (Dane Co. Health mandates apply.)

Thursday evening, April 28, 6:30-9:00 PM

Jan and Miriam Hansen, Program

Scandinavians, Can We Be Like Them?

*****Further descriptions are in this newsletter.**



Photo Credit: www.Deposit Photos.com

At the January Lodge meeting, the following Vennelag members were elected as delegates to the District 5 convention, to be held June 17-19 at the Marriott in Middleton, WI.

Duane and Nancy Kittleson, Steve Frame, and Allen Watrud will serve the lodge. Alternates are Donna Corcoran, Ann Walser, Orville Olson, and Arlene Watrud-Krueger.

Thank you, all, for your willingness to serve and the donation of your time and energies on Vennelag's behalf. Allen

Ord fra Presidenten-A Word from the President

When Charlie Dickens penned the words "*It was the best of times, it was the worst of times,*" I always thought that he was referring to that awkward time of year between the start of the baseball season and the end of the skiing season. Now, it seems like the latter could refer to the FUD (fear, uncertainty, doubt) factor that still permeates our lives due to COVID-19. It feels like "here we go again".

This group of officers and directors recently began its third year in office, which coincides with how long the virus has been such a negative part of our lives. 2020 saw mostly event cancellations. 2021 saw a welcome, albeit cautious, return to face-to-face events and meetings. We don't know what 2022 will look like going forward, but being optimistic, we plan to safely proceed with a full slate of events, fundraisers, parades, culture, and fun.

This Lodge has been active, vibrant, and relevant for 50 years, and by golly, we're going to do our best to keep that going. The programs planned for March and April promise to be interesting and informative, so please plan to check out the details elsewhere in this newsletter and come join us. And we're including a sneak-peak at some of the early and mid-summer activities to pique your interest.

Heng der og hold deg frisk! (Hang in there and stay healthy!)

Takk så mye!

Allen

LOOKING AHEAD

June Midtsommer picnic 6/30--Donald or Brigham Park

July Day trip to Vilas Park Zoo and Wis. Historical Museum, tentatively 7/9/2022

Kaffe Stue 7/16/2022, Stoughton Kubb tourney 7/23/2022, Mallards game 7/26 or 7/29

March Lodge Meeting

Connie Aiello Presents

Are the krumkaker you bake lacy? Do your rosettes have bubbles on them after frying? Is it difficult to remove sandbakkels from the tins? The solutions to these problems and more will be addressed in a class for Vennelag Lodge members and guests.

Connie Aiello has been cooking and baking for as long as she can remember. As a daughter of a restaurant owner and a home economics teacher, she could always be found in the kitchen learning traditional recipes from the skillful hands of family members. For the last 17 years, she has been honing her skills with traditional Norwegian recipes. Recently, she has been exploring contemporary Nordic cuisine.

Connie currently serves as Vice-President and Cultural Skills Program Director of Nordlyset Lodge in Racine, Wisconsin. She enjoys teaching, mentoring, and guiding members as they complete specific cultural activities.

When the pandemic hit, she was approached by Sons of Norway District 5 to present a series of virtual Norwegian Cooking classes. In February 2021, Connie offered a 6-week Norwegian Cooking course covering a variety of traditional dishes, desserts, and drinks. Her course garnered so much praise, she was asked to teach more classes. Last Fall, Connie offered eleven classes in Norwegian Holiday Baking.

In August 2016, Connie led a Sons of Norway Youth Heritage Trip to Norway, where they explored the country, customs, and cuisine. While staying with relatives in Røros, she experienced local traditional foods. Connie was thrilled to come back home with 100-year-old family recipes!

Connie retired from teaching last year. She enjoys teaching cooking to students at all skill levels, imparting the tips and tricks of the trade from her parents. Her enthusiastic and easy-going style inspires everyone to enjoy cooking.

Invite someone you know and join us as Vennelag Lodge ventures deeper into Norsk baking.

LOOKING AHEAD... April Lodge Meeting

Program Description: *Scandinavians: Can We Be Like Them?*

During the buildup to the 2016 presidential election, it was suggested that the U.S. should “look to countries like Denmark, Sweden, and Norway and learn what they have accomplished for their working people.”

Countering comments came from several sources, for example, “I love Denmark, “but we are the United States of America.” Next, came a barrage of statements like, “We are capitalists, not socialists.” But these comments don’t answer the question about what it is that make Scandinavians different.

So, the question is, “*Can we be like them?*” Can we learn from Scandinavian accomplishments? We’ll explore some ways in which the two social and economic models are similar and different.

Our Bio: Jan and Miriam Hansen live in Middleton, a suburb of Madison, Wisconsin. Jan emigrated from Norway...from the west coast city of Aalesund, to Chicago when he was a teenager.

Miriam, a Minnesota native, grew up in Roseville, north of St. Paul. They met as students at St. Olaf College; they have two daughters, both of whom are teachers.

Jan is Professor Emeritus of Economics at the University of Wisconsin – Eau Claire. Miriam is a retired librarian and teacher. Together they’ve been involved with international education; they’ve taken students abroad and have taught in several foreign countries.

The Hansens have been active in the Ager Historical Association in Eau Claire. It was while working in the library there that they became inspired to dig further into Scandinavian culture, economics, and history, and have developed numerous programs related to the Scandinavian topics.

NORWEGIAN
~~**NORVEEJUN**~~
HOME COMPANION

The Complete! The Ultimate! The Classic!

With Illustrations by

Marian Henjum



Eider "Red" Stangland (February 7, 1922 – August 8, 1995) was an American radio broadcaster and humorist. Cover design by Stephen Morse. Originally sold by Barnes & Noble's books.

UFF!

Ole and Lena had an argument while they were driving down a country road. After a while they got tired of repeating themselves and neither wanted to back down. They drove on for quite some time without saying a word. Then, as they passed a barnyard of mules and pigs, Lena sarcastically asked, "Relatives of yours?" "Yup," Ole replied, "in-laws."

The months of March and April give members time to complete items and earn numbers used in creating a bingo card for the May lodge meeting. Check your membership packet pages for activities to do. You will need 25 numbers to use on your bingo card. You may have earned some of them already! The Scandinavian playing card games featured activities gives us multiple numbers to earn while we enjoy a delicious recipe or a good book. See page 4 for a great recipe. *Karen Eberhardt, Membership Chair*

From Gayle Anderson

Vennelag Lodge Officers,

I was delighted to receive your (membership) package today, especially the cards which brought back many memories of my trip to Norway in 1967. I visited the farm where my grandfather grew up and some of my family still lives. The pictures members took I found wonderful. I thought members might enjoy "The Tomten."

The Tomten

According to Scandinavian legend, the nisse (Norwegian and Danish), tomten (Swedish), or the tonttu (Finnish) has been the protector of the family farm throughout many generations. He is often portrayed wearing blue or gray clothing, has a long beard, and dons a red hat. His only demand is a bowl of rice porridge on Christmas Eve.

Oh, but if the farmer happens to forget him, there will be trouble! Instead of protecting the farm and family, the nisse/tomten will play tricks on everyone. Svein Solem is well-known in Norway for his folklore illustrations. Below is an example of his work from a Christmas card set. This set is available on eBay.com



Gayle sends thanks to the mystery individual who gifted her with some of these amazing cards!

Scandinavian Chocolate Sticky Cake (Kladdkaka)

From Al Johnson's Swedish Restaurant & Butik,
Sister Bay, WI

Ingredients:

- ½ cup butter
- 1 1/3 cups white sugar
- 1 tsp vanilla extract
- 1 pinch salt
- ¼ cup unsweetened cocoa powder
- 2 eggs
- ½ cup all-purpose flour

Directions:

- Preheat oven to 350° Fahrenheit
- Spray Kladdkaka pan (A Kladdkaka pan has a raised rim on the top outside of the cake; or use 9-10 inch round cake pan) with cooking spray with flour for baking.
- Add the softened butter, sugar, vanilla, salt, and cocoa powder to a bowl. Mix well.
- Stir in the eggs until smooth.
- Add flour, stir until combined.
- Pour mixture into prepared Kladdkaka or cake pan.
- Bake on the lower rack of oven for 25-30 minutes.
- Allow cake to cool for 15-20 minutes. Use a rubber or silicone spatula to slide down the fluted Kladdkaka pan or outside of the cake pan edges to release the cake.
- To remove the cake, place a plate over the Kladdkak or cake pan. Invert the pan over a serving plate, and the cake will drop onto the plate.
- Kladd means "sticky." Serve as it is or drizzle with chocolate syrup. Add pecans, whipped cream, or ice cream and top with a cherry.

Submitted by Karen Eberhardt

Bake this cake and earn numbers for the May Bingo game at our Syttende Mai banquet.

From the Team-Uff-da-USA FB page



Ja, vi elsker...

As we move further into the new year, one has to hold fast to the idea that our lives will improve, and some semblance of normalcy will return! Vennelag Lodge plans to host a membership event. Like many not-for-profits, attracting new members remains a challenge. Ask others you know to join you in the SofN!

What do you love about your lodge association?

- ❖ Sons of Norway's local and Foundation scholarships (due date **March 1, 2022** for Vennelag's high school scholarship)
- ❖ Receiving the *Viking* magazine
- ❖ Access to genealogy classes
- ❖ Cultural presentations and speakers
- ❖ Options for travel, domestic and abroad
- ❖ Heritage camp for your family's youth
- ❖ Sports options: local kubb teams, friluftsliv
- ❖ Fellowship and friendships with others
- ❖ Benefit products to compliment your life
- ❖ Sharing your Nordic knowledge with others thru our Kaffe Stue, Høst Frokost, and Norwegian Baking Workshop
- ❖ Local philanthropy and service to others

Share your "loves" with someone you know, and invite them to attend a lodge activity soon!

From Steve Sopcak

Free COVID-19 At-Home Test Kits

Every residential household is approved for and allotted 4 at-home COVID-19 test kits. The tests are completely free. Orders will usually ship in 7-12 days.

You can place your order for them from the following website: <https://www.covidtests.gov>
Free at-home COVID-19 tests. There is no cost to you for these if you wish to receive them.

<https://www.covidtests.gov>

Membership info from International

- *Total SofN membership is 63,027.
- *95 Lodges met their recruitment goal for 2021.
- *17,267 new social and financial members, 210% of the goal of 8,200 members were added.



VIKING Proverbs-from www.grimfrost.com

As requested, Phyllis Haglund's Meatball Recipe
Vennelag Cookbook (red cover), p.38, Arlene Watrud-Krueger

8-1/2# ground beef
1-1/2# ground pork
¼ cup salt
2 teaspoons pepper
3 eggs
1 teaspoon nutmeg, or season to taste (up to 1 Tbsp.)
1-6 oz. can onion soup in beef bouillon
1-3/4 cup dry breadcrumbs
Milk-3 scant soup cans (3-3/4 cups)

- Ask the butcher to mix beef and pork and grind it finely 3 times.
- Put eggs, seasonings, and onion soup into bowl. Mix until combined.
- Add liquid ingredients to the 10-pound mixture, and mix with your hands until combined.
- Add breadcrumbs and continue mixing.
- Lastly, add the milk and allow mixture to rest 20-30 minutes, so the crumbs will soak up the liquid.

- *Using meatball scoop that has been dipped in water, make meat into balls. Place meatballs onto a baking sheet which has been lined with parchment paper. There are about 10 meatballs per pound.
- *Bake at 350° for 20-30 minutes. Check with a thermopen or thermometer for doneness.
- *Place meatballs on cooling racks. When cool, place into 2-gallon Ziploc® bags. Refrigerate. Note: If frozen, the meat retains liquid and makes the gravy very thin.
- *Can use Cream of Mushroom soup for the gravy. Approximately 3 cans per 18-quart roaster.

(This recipe, when doubled, will fill an 18-quart roaster.)

We often regret saying too much and seldom regret saying too little - The saga of Hrafinkel Freysgothi, c.7.

Not all the clouds that darken the day bring rain - Saga Heitharvega, c.7.

Too much beer, and a man's heart will be open for all to see - The Saga of Olaf Haraldsson, c.151

God Påske!



Did you know that Norwegians have five consecutive days off during Easter week?

- 1) Maundy/Holy Thursday-Skærtorsdag
- 2) Good Friday-Langfredag
- 3) Easter Morning Easter Evening
Påskemorgen/Påskeaften
- 4) Sunday-1. Påskedag (First day of Easter)
- 5) Monday-2. Påskedag (Second day of Easter)

When one leaves work on Wednesday, they do not return until the following Tuesday! Grab some Påskekrim boker and head to your fjellhytte!

Easter Related Words

Påskeegg-Easter egg

Påkegodt-Easter candy

Påskeferie-Easter vacation

Påskefjellet-Easter mountains

Påskeføre-Easter conditions (*for skiing*: blue skies
bright sun, warm enough to ski in a
t-shirt)

Påskehare-Easter bunny

Påskekjerring-an old hag that flies in on Easter
weekend to scare the children

Source: *The Norwegian American, Image-Deposit
Photos.com*

BE IN THE KNOW!

More information...

Mt. Horeb-sonsofnorwaymthoreb.org

District 5-sonsofnorway5.com

International-sofn.com



depositphotos.com

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Fjord Horses...Read on to learn more about
this stocky, yet beautiful horse breed.



www.depositphotos.com



Photo Credit: Nina Karlsen

Want to learn more? Ask members Guy and Martha
Martin about their Norwegian fjords!



www.depositphotos.com

What Comes to Mind When You Think of a Norwegian Fjord?

Cultural Director Tiffany Schwoerer

Is it the majestic mountains and the crystal clear water lying below or is it the hardy horse breed? Since our members know more about the beauty found in the mountains and fjords, I have decided to share information about the horse breed. The following information comes from the staff at *Young Rider Magazine*, May/June 2019. "In the 1990's, members of a Norwegian Fjord Horse Society (the Norges Fjord Hestlag) described what the ideal Fjord should look like: "The eyes should be like the mountain lakes on a mid-summer evening, big and bright. A bold bearing of the neck like a lad from the mountains on his way to his beloved and defined withers like the contours of the mountains set against an evening sky. A Fjord's temperament should be as lively as a waterfall in spring, but still good natured."

This description doesn't provide a palate of colors like some of the other horse breeds one might know (Palomino, Paint, or Appaloosa). I believe the Society purposely left out the very distinctive color because it is so synonymous with the breed, but it also leaves room for the 10% that are not the usual dun shade that we know and love. Believe it or not, there are five different dun color variants/shades in total! All of the variants have a dorsal stripe which runs exactly down the middle of the back, starting at the ears/forelock (bangs for those of us that are not horse people) to the tail, which is a defining character of the breed. The Fjord has Zebra-like leg markings that are reminiscent of their wild history.

The most common dun variant—*brunblakk* or brown dun, usually this color is what one recalls when regaling our friends about the fantastic trip taken in a Norwegian carriage. Usually, this dun has a black or an extremely dark brown dorsal stripe and leg markings.

The next variant that gets confused a lot with the *brunblakk* is the *rodblakk* or red dun. Just like the variant suggests this dun has red in the markings. In this case, the Fjord's dorsal stripe, which is not a fiery red but a red tinged brown stripe, which can range in shades from strawberry/brown to a deep red/brown in the markings.

Focusing on the outside of the horse, many owners keep their Fjord's mane very short to show off the arch of the powerful neck. Many owners keep the standard notch pattern where the dorsal stripe is kept longer and the dun of the mane cut shorter. In recent years, owners are starting to experiment with other patterns like full notches and hearts to a wave or curve in the cut. There are also some owners that leave the mane long only to cut it when the horses need to be shown for competition or are participating in an equestrian presentation.

Many horses have limits that are obvious when you interact with them. Fjords don't always remember that they are only 14.2 hands tall (about 4.67 feet) at their withers. When people refer to horses and some other livestock, they do not measure to the top of the head. The measurements are always taken at the shoulders/withers, and a hand in horse terms is roughly 4 inches.

Since the Vikings bred Fjords thousands of years ago as war horses, most likely, and then used them as farm tools/engines prior to the Industrial Revolution, they needed a short but muscled breed of horse for working the mountainous terrain. Having the temperament of a draft style breed—the "seen it, done it all, I'm not surprised anymore" attitude, just like humans, they do have their moments, but on the whole, these horses are incredibly dependable companions for all levels.

This is not surprising since I have seen this breed in all disciplines in the horse world and from what I can tell, the horses seem to enjoy every moment, no matter if they are in Western tack cutting "doggies" or in English tack getting ready to do their dressage pattern. Also, there are many driving enthusiasts who look for a "matching pair" meaning that all the moments of both animals are in sync and are of equal or complementing coloration.

If you are interested in getting to know the Fjord out of the many Scandinavian breeds, there are many clubs that one can join before taking the leap into ownership! One great place to meet enthusiasts and breeders is at the Midwest Horse Fair, held in Madison, WI, most years. The local Fjord group is openly ready to talk about their splendid companions.

Source is NFHR.com (Norwegian Fjord Horse Registry) and Horse Illustrated/Young Rider magazine website

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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. The newsletter will be posted to sonsofnorway5.com and to Vennelag's website sonsofnorwaymthoreb.org



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