



Vennelag Lodge 5-513

Vennelag News

Mai & Juni 2025

Important dates to remember:

Lodge Meeting Dates: 6:30 pm start

May 29, 2025

June 26, 2025 - Picnic

July – No Lodge meeting – Kaffee Stue!

**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**

May 14, 2025

June 11, 2025

July 9, 2025

Mark your calendar dates –

May 17, 2025 - Syttende Mai

June 5, 2025 – Consitution Day (Denmark)

June 6, 2025 – National Day (Sweden)

June 15, 2025 Edvard Grieg's Birthday

June 17, 2025 – National Day (Iceland)

June 26, 2025 – Lodge Picnic

July 18 – 20, 2025 - Kaffe Stue

July 31, 2025 – Mallards Social

October 9, 2025 – Lief Erikson day

October 3-5, 2025 – Sloopier Celebration

December 6, 2025 – Independence Day (Finland)

February 6, 2026 –National Sami Day (Norway)

God vår, alle sammen! (Happy spring, everyone)!

After another weird winter, it looks like we're finally in for a chance to get outside and enjoy the weather. We've got a stretch of activities lined up for you to enjoy. As usual, we'll be having the annual Syttende Mai dinner, Lodge picnic, and trip to the Mallards game. You don't want to miss out! You'll find more info elsewhere within this newsletter and in upcoming email and US Mail communications.

And once again the SS Vennelag will be participating in some of the area parades including Stoughton, Verona, and Mt. Horeb. Always a good time and a lot of fun...

As previously outlined, the Kaffe Stue will be taking on a new appearance this year as we take it outdoors as part of the Mt. Horeb Art Fair. The intent is to reduce the wear and tear on members while increasing our community exposure and membership levels.

Mike Morkri has been working hard to put together what promises to be another great trip to Norway in 2026. Once again there will be a raffle incentive and membership incentives. If you've been there 20 times or not at all, this will be a trip to remember!

The presidential succession program is a definite work in progress. Stay tuned as decisions have to be made regarding how the future of Vennelag Lodge will be handled and who will be handling it.

So, as you can see, there are a lot of interesting times coming our way. Looking forward to seeing you soon and often!

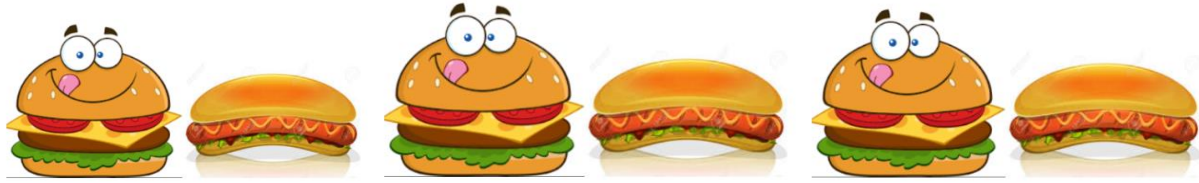
Takk så mye!
Allen

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.

May Lodge Meeting:

We will be gathering at May 29, 2025 at 6:30 in the Community Center to celebrate Norway's Syttende Mai. We will be enjoying each other's company and we might even have royalty in attendance so plan on wearing your Bunad, Sweater or other festive clothes to the meeting, see you there!

June Lodge Meeting



Lodge Picnic!!!

Thursday, June 26 Brigham Co. Park shelter #1

Setup at 5:00 Serving starts at 5:30

Meat provided by Lodge. Please bring a dish to pass

PARADE SEASON IS JUST AROUND THE CORNER

MARK YOUR CALENDARS!

COME JOIN US AS WE CRUISE DOWN SOUTHERN WISCONSIN'S MAIN STREETS IN OUR BEAUTIFUL VIKING SHIP PARADE FLOAT.

- **STOUGHTON SYTENDE MAI FESTIVAL PARADE - BEGINS AT 1:30 PM, SUNDAY, MAY 18th**
- **VERONA HOMETOWN DAYS PARADE - BEGINS AT NOON, SUNDAY, JUNE 8th**
- **MOUNT HOREB SUMMER FROLIC PARADE - BEGINS AT NOON, SUNDAY, JUNE 15th**



LINE-UP TIMES AND LOCATIONS WILL BE SENT VIA E-MAIL WHEN THEY BECOME AVAILABLE. WATER WILL BE PROVIDED.

COME DRESSED IN YOUR FAVORITE NORWEGIAN ATTIRE.

Your Parade Coordinator, Mark Hanson

Changes to the Kaffe Stue

Keep your ears open for further details about the changes that we will be making to the Kaffe Stue. The Board has decided to join the Art off Main Street vendors for 2025 (something like what we did for Frokost a few years ago) and while the details haven't been hammered out yet of what we are serving please know that we might be reducing need for some items and increasing need for others. This change comes as we are looking into how we connect with the public and how for the Kaffe Stue we can introduce visitors to the wonders of Norwegian food items. We are starting the search for volunteers for making of the goodies and working at the event. If you can help out please keep your ear or eye to the Board Minutes and the newsletter to come.

You can also reach out to Tiffany Schwoerer who will be serving as a coordinator at 608-527-2821 or vennelageditor@gmail.com if you have questions.



SAVE THE DATE

Sons of Norway

THURSDAY, JULY 31

GATES OPEN: 5:05 PM
FIRST PITCH: 6:05 PM

MORE DETAILS TO FOLLOW

Mallards MADISON

The poster features a photograph of a baseball player in a white pinstriped uniform with yellow accents and a blue cap, running on a field. The text is in blue and yellow, matching the team's colors. The Mallards Madison logo is at the bottom left of the poster.

It's Not Easy Being a Foreigner, Is It?

At least not when Norwegians are like coconuts: soft inside, but hard on the outside—and almost impossible to open when you do not know how.

You can learn a lot about yourself by moving to a new country. And one of the things I learned in Peru was that I was very Norwegian. Here are three examples of situations where I experienced a small cultural clash between myself and the locals:

1. Greeting new people

When you meet friends of friends in Peru, you tend to kiss them on the cheek. This was strange to me and I always just gave them a hug in return. As a Norwegian, I think it's quite strange to kiss strangers. In Norway, it is most common to shake hands, and perhaps a hug in certain situations.

2. To enter a door

As a Norwegian woman with functioning arms, I am used to opening doors all by myself. But even though I know that it is common for men to open doors for women in Peru, I forgot it in front of every door. Every time my boyfriend opened a door for me, I stood there and waited for him to enter first.

3. The need to be alone

My in-laws in Peru are very nice, and I felt lucky to get to know them, especially my mother-in-law. Still, one day my boyfriend asked me, "Don't you like my family?" That was a surprising question, because I actually liked them very much! So why would he ask about it?

Well. The question was a result of me often saying no to going to visit. Yes, I like to go to parties and dinner visits, but in small doses, and preferably not several times a week. My need to be alone or just with my boyfriend is often greater than the need to be social, and so it goes for many others, I think. Maybe especially for Norwegians.

But I know that it is not as easy to be a foreigner in Norway. I have often heard that Norwegians are "cold and rude," and I understand well that we can be perceived as such by foreigners!

Clean, Quiet Construction Sites? In Oslo, Yes

In 2019, Oslo adopted a new "zero emission" policy to curb the pollution traditionally belched out by big construction machinery at the city's many work sites. Electric excavators, saws and other plug-in equipment is now on the job, alongside traditional machinery designed to use diesel but now refitted with batteries. Fossil-fueled equipment is allowed only when a low-emission alternative is not available. The initiative has inspired manufacturers to develop new designs, ensuring that an increasing variety of electric-based construction vehicles will be available in the future.

Previously, construction equipment created 30% of Oslo's traffic emissions. Officials say the new initiative saves 35,000 liters of diesel fuel and reduces green house gasses by 99% per construction site. Because Norway generates nearly all its electricity from hydropower, even the electricity used to power the equipment comes from a 'green' source. The electric trucks and other equipment are much quieter than their diesel counterparts, reducing noise pollution and increasing the quality of life for anyone living or working near by.

Currently, four kindergartens and two sports arenas are being built as "zero emission" work sites. Not all projects in Oslo must follow the new policy: the guidelines for private or state-owned sites are much less stringent, and only one in five construction projects is city owned. However, city leaders believe controlling emissions at those sites is an important step toward keeping their city, and the world, green.

Coffee Steak Rub

From Viking magazine, March 2020

The smoky aroma of coffee pairs beautifully with spices for this dry rub mix. Use it on beef steaks such as flank, hanger or ribeye. Let the rub sit on the steak for 1 hour or overnight before cooking. Makes 1/2 cup dry rub mix.

- 2 Tbsp. finely ground coffee
- 3 Tbsp. brown sugar
- 1 Tbsp. kosher salt
- 1 Tbsp. ground coriander
- 1 1/2 tsp. caraway seeds, ground
- 1 1/2 tsp. ground black pepper
- 1 1/2 tsp. ground cinnamon
- 1 1/2 tsp. ground ginger



Mix all ingredients together and store in an airtight jar.
It will last for 6 weeks at room temperature.

Dry rub tips from Just Cook with Sally:

Apply your dry rub liberally and work it into the meat. It is called rub, not a sprinkle, for a reason. Once coated, place the meat on a nonreactive dish, cover it with paper towels, and stick it in the refrigerator. The time air drying in the refrigerator aids the meat in developing a crispy exterior. Before cooking, use your fingers to wipe off excess dry rub and remember not to add any additional salt, either directly or in salty additions such as soy sauce or canned broth, unless it's labeled low sodium.

After the meat has finished cooking, let it rest. This allows the juices to settle and the muscle to relax. Keep in mind that larger cuts of meat will continue to cook while resting. They can increase 5 degrees while resting, pushing them from medium-rare to medium. Use a meat thermometer and remove from the oven with the resting factor in mind. Steaks and smaller cuts of meat should rest 10 minutes, tented with foil. Larger meats, like a turkey or a standing rib roast, need 15 minutes to a half hour, tented. When you're working out your meal timeline, make sure to account for rest time.

Mark your calendars for October 2025



SAVE THE DATE
OCTOBER 3-5
2025

DISTRICT 5
CULTURE EVENT
"CELEBRATING
NORWEGIAN IMMIGRATION"

SLOOPERS
1825 - 2025

KEEP UPDATED
www.polarstarlodge.com
FACEBOOK - sons of Norway - polar star lodge
5-472 Aurora, IL
Culture Director - Barb Johnson
barbjohnsonb@aol.com
630-632-2329



One More Recipe!!!

Mors Grov Brod

This recipe for *Mother's Graham Bread* was published years ago in a Sons of Norway *Scandinavian Cook Book* my mother used to make traditional favorites. There was nothing better than the scent of her freshly baked bread, except the taste of a warm slice slathered with salty butter!

Spring weather can be unpredictable, so this delicious bread can be served with a warming bowl of soup on a chilly day, or with lighter fare like a salad. The recipe makes 4 medium loaves—enough to share a loaf or two.

1 cake compressed yeast
4 cups lukewarm water, divided
1/2 cup molasses
1 Tbsp. salt
1/2 cup melted butter or shortening, plus additional to grease 4 bread pans
3 Tbsp. melted butter, reserved
6 cups white flour
2 cups graham flour
1/2 cup sugar

Dissolve yeast in 1/2 cup of lukewarm water; let stand 15 minutes. Add 3 1/2 cups lukewarm water, molasses, salt, sugar and 1/2 cup melted butter or shortening. Add enough flour to make a soft sponge. Beat thoroughly for about 10 minutes, then add the rest of the flour to make a stiff dough. Knead dough, then place in a greased bowl, cover and set in a warm place. When the dough has doubled in bulk, knead again. Let rise once more, then shape into 4 loaves and place in greased pans. Let rise until light (the bread will come to the top of the pan or slightly higher). Bake about 45 minutes in a moderate oven (350 degrees Fahrenheit or 175 degrees Celsius). Brush tops with reserved melted butter. *Vær så god!*

Scandihoovian fun





Allen Watrud, President

Phone: (608) 836-3550

Email: awatrud@gmail.com

Anna Olson, Treasurer

Phone: (608) 935-3915

Email: oranno@frontier.com

Mary Gullickson-Kranz, Secretary

Phone:

Email:

Jane Heibel Vice President

(Events)

Phone: (608) 345-3796

Email:

Harley Skjervem, Vice President

(Youth, Communications, Events)

Phone: (608) 829-1728

Email: hskjervem@gmail.com

Tiffany Schwoerer Lodge Editor

Phone: (608) 527-2821

E-mail: Vennelageditor@gmail.com

Greg Ragan, Financial Benefits Counselor

Phone: (815) 988-5975

E-mail: gragan51@gmail.com

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.

