



Vennelag Lodge 5-513

## Vennelag News

Mai & Juni 2023

### Important dates to remember:

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

Thursday May 25, 2023

June 29, 2023

No Meeting in July –see you at Kaffe Stue! July 14/15

All Lodge meetings held at the  
Community Center - 107 N Grove St. in Mount Horeb.

#### **Board/Business Meeting Dates:**

6:30pm at Skål restaurant in Mt. Horeb

May 10, 2023

June 14, 2023

July 12, 2023

### **Mark your calendar dates –**

Stoughton Syttende Mai - May 21, 2023

Syttende Mai - May 25, 2023

Verona Home Town days- June 4, 2023

Mt. Horeb Summer Frolic - June 11, 2023

Lodge Picnic –June 29, 2023

Newsletter Articles Due–July 1, 2023

Kaffe Stue –July 14 & 15, 2023

Mallards Social opportunity –July 20, 2023

Middleton Good NeighborFest –Aug 27, 2023

Cultural opportunity - TBD Sept, 2023

Høst Frokost - October 7, 2023

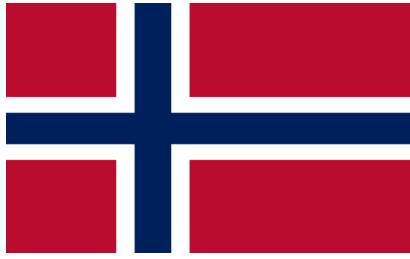
Ahhhh...May and June. The very words conjure up images of green grass, growing crops in the fields, and warm, idyllic nights. But to Norwegians, May also means Constitution Day, Syttende Mai, May 17 to celebrate when the Constitution of Norway was signed at Eidsvoll in 1814.

The constitution declared Norway to be an independent kingdom in an attempt to avoid being ceded to Sweden, and Norwegians have been celebrating ever since. Mandt Lodge in Stoughton is having a full weekend of bake sales, meals, and bingo from May 19-21 that you might want to check out. And as usual, we'll have our smoking dragon float as the self-declared "star" of their parade! We at Vennelag Lodge will be offering our celebration dinner on May 25 that you won't want to miss. The Board has been putting together the details of a pretty exciting calendar of events for 2023 that should include something of interest for everyone. It should be fun. In the meantime, enjoy the warming weather!

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**

Who needs to go out to a restaurant when you are a member of Vennelag Lodge?



## IT'S TIME TO CELEBRATE OUR NORWEGIAN SYTTENDE MAI

Did you know Norwegians buy around **20 million hot dogs** during the week of 17 May and eat between **five to ten times the amount of ice cream** on that day than any other day of the year?



**It's true!**



Come join us on Thursday, May 25<sup>th</sup> as we celebrate Norway's independence and help be a part in the number of hot dogs and ice cream eaten.

Come to the Mt. Horeb Community Center and join in the celebration at 6:30PM

Let us know that you are excited to join us by:

- signing up at the April 27<sup>th</sup> meeting
- email to: [vennelaglodge@gmail.com](mailto:vennelaglodge@gmail.com)
- call or text (608)-772-1969

And in June we'll once again have our popular midtsommer picnic at Brigham County Park, beginning around 5:00 pm. Last year we had 50 attendees. Let's try to top that figure!



## THE LIFE OF THE VENNELAG LODGE VIKING SHIP

Arlene Watrud-Krueger and Mark Hanson

Have you ever wondered how the Viking ship came into being or how it came to be part of the Vennelag Lodge? Let's take a little trip back in time to reveal the origins of our fire-breathing dragon boat.



Back in 1967, seven (7) Argyle businessmen decided to tear down a 3-story hotel on Main St. and build a restaurant that came to be known as the Norsemen Supper Club. These seven men were: Dr. Richard Hunter, Paul Phillipson, Bill Rossing, Phil Steiner, Clayton Watkins, Kermit Watkins, and Bob Wenger. This establishment became a very popular eating venue by many people in the neighboring towns and beyond. In 1971, a picture of a Norwegian Viking boat was painted and hung in the Norsemen entryway. This became the next inspiration of the seven men...to build a Viking boat themselves! A boat that people could ride in, and a band could play in. The first order of business was to procure a vehicle. It just so happened that Paul Phillipson's uncle, owner of Phillipson's garage, had just taken in a mobile home as a trade in. There were no formal plans to follow, so as Phil Steiner said, they "winged" it. The mobile home part was removed, and the frame was in good shape. Kermit Watkins was a carpenter by trade so under his guidance and the painting as a reference, the ship took shape and did float in many parades. Bobby Wenger had a band that played in the boat while it paraded through the streets of many towns.



Phil Steiner with the Viking painting

Phil Steiner had a fun story about the boat. The mast stands very tall in the middle of the ship. They were in a parade in Argyle one day and the next day, they were in the Syttende Mai Parade in Stoughton. Phil heard someone from the crowd yell, "Hey, there's the float that took down our TV antenna yesterday." The ship was stored in the Argyle Lumber Yard for years. In May of 1980, the Norsemen Supper Club was sold to Lee Zurfluh. He wanted the supper club but not the boat. The Vennelag Lodge heard about this boat. For a \$100.00 donation, in 1981 or 1982, the

boat became the property of the Mt. Horeb Vennelag Lodge and has been sailing in parades since then.



The ship has been lovingly cleaned, painted, and improved upon. Not only has the dragon head been made to lie within the float for easier travel, in 2019 it was outfitted to breathe smoke, which is a BIG

hit with children. Norsk shields have been added to the sides as have Norwegian flags. Ease of getting into and out of the ship has been much improved. The award winning Vennelag Lodge Viking ship continues to sail in many a town's parades each year bringing many smiles and applause from parade goers. The float returned to Argyle in July of 2019 to participate in Argyle's 175th anniversary parade. The Viking boat also received the best community/non-profit award at Middleton's Good Neighbor Fest Parade in 2019 and again in 2022.

Hotel in lower right-hand corner became the Norseman Supper Club





PARADE SEASON IS JUST AROUND THE CORNER! MARK YOUR CALENDARS!!

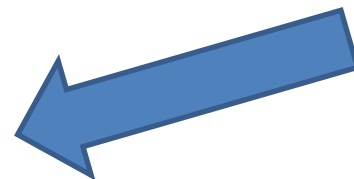


COME JOIN US AS WE CRUISE DOWN SOUTHERN WISCONSIN'S MAIN STREETS IN OUR BEAUTIFUL VIKING SHIP PARADE FLOAT.

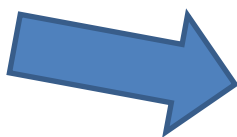
RIDE ALONG AS WE DAZZLE THE CROWDS WITH OUR SMOKE BREATHING DRAGON. STARTING IN THE MONTHS OF MAY/JUNE:



**STOUGHTON SYTENDE MAI FESTIVAL PARADE**  
**BEGINS AT 1:30 PM, SUNDAY, MAY 21<sup>st</sup>**



**VERONA HOMETOWN DAYS PARADE**  
**BEGINS AT NOON, SUNDAY, JUNE 4<sup>TH</sup>**



**MOUNT HOREB SUMMER FROLIC PARADE**  
**BEGINS AT NOON, SUNDAY, JUNE 11<sup>TH</sup>**

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

## We need people to help at the Kaffe Stue!

Orville Olson & Tiffany Schwoerer can't do it all and they need your chef skills, charming smile or moving talent.

Mark your calendars as the fun starts at **2:30pm on Friday July 14, 2023** and the fun continues on **Saturday July 15, 2023** to assist our visitors to enjoy our good Norwegian food offerings

Sign-up sheets will be circulated during meetings.

### Authentic Norwegian Kjøttkaker Meatballs

#### Prep time

20 mins

#### Cook time

10 mins

#### Total time

30 mins

These old fashioned Norwegian meatballs are authentic; the real deal.

Author: Terese, The Country Basket

Recipe type: Dinner

Cuisine: Norwegian

Serves: 4

Source:

<https://thecountrybasket.com/authentic-norwegian-meatballs-kjøttkaker-recipe/>

### Ingredients

- 2 tablespoons corn starch (or potato starch)
- 1½ teaspoons all-purpose flour
- 1 teaspoon paprika powder
- ¾ teaspoon salt
- ¼ teaspoon black pepper
- ¼ teaspoon ground nutmeg
- ⅓ cup + 1 tablespoon milk (or water)
- 1 Lb ground beef
- Oil or butter for frying
- -----
- GRAVY:
- ¼ cup butter
- ¼ cup flour
- 1 teaspoon onion powder OR a small, raw onion, finely chopped
- 2 cups water
- 4 teaspoons Better Than Bouillon Beef Base (or 4 bouillon cubes)
- Drippings from the fried meatballs
- ¼ cup heavy cream (Optional)

## Instructions

1. Put the dry ingredients into a medium sized bowl; corn starch, flour, paprika, salt, pepper, and nutmeg.
2. Add milk and whisk well until no lumps remain.
3. Add meat and stir with a spoon until completely combined and sticky.
4. Add olive oil or butter to a frying pan on medium-low heat.
5. Shape meat balls with spoons or a meatball scoop, dipping your tool of choice in water now and again to keep meat from sticking.
6. Drop the meat balls on the frying pan, flattening them a little bit with a turner.
7. Cover and fry until browned on the top and bottom, a few minutes on each side.
8. Keep hot until ready to serve.
9. Serve with brown gravy, potatoes boiled in lightly salted water, and steamed vegetables such as a blend of cauliflower, carrots, and broccoli.
10. -----
11. GRAVY:
12. In a medium sized sauce pan on medium-low heat, melt butter.
13. Add flour and onion powder. Whisk together into a smooth roux, and cook while whisking now and again until the flour mixture has turned medium-brown. This should take 8-10 minutes.
14. Pull away from the heat and add all of the water while quickly whisking together to avoid lumps. But be careful, the flour mixture will be very hot and may hiss loudly when you add cold liquids. Alternatively, you can heat the liquid before adding.
15. Also add the beef base, and bring to a boil while whisking often. The gravy will thicken. Reduce the heat and boil gently for 7-10 minutes until smooth. Stir once in a while.
16. Add the meatball drippings from frying, which will add a lot of great flavor!
17. Add heavy cream and stir well. (Optional)
18. Serve over Norwegian meatballs.

Ron Goplin with  
Goplin cousins at  
their farm in Gran







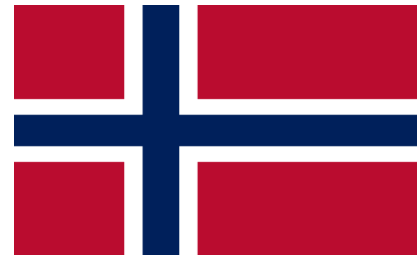
Ron Goplin with Gran cousin at Family Tombstone and Gran Farm

## *Friluftsliv*





*Visste du Det? (Did you know?) - That Norway has the world's second oldest constitution still in existence.*



In recent years there are some studies that are showing there are some Genetic Conditions specific to Nordic descendants, most conditions are not 100% of developing but there can be up to 70% chance that if you have a parent/sibling with the condition that you might develop that condition. There are three big conditions for us to keep our eyes out for:

Dupuytren's Disease – <http://assh.org> (American Society for Surgery of the Hand) or <http://aaos.org> (American Academy of Orthopedic Surgeons). It's a condition that causes fingers to permanently curl into the palm. If you have a lump in your hand please consult your doctor.



Hereditary Breast – Ovarian Cancer Syndrome ([cancer.gov](http://cancer.gov)) or [facingourrisk.org](http://facingourrisk.org) (an organization that supports hereditary breast/ovarian cancer diagnoses). Make sure that if you have concerns or a greater chance of cancer to talk with your doctor.

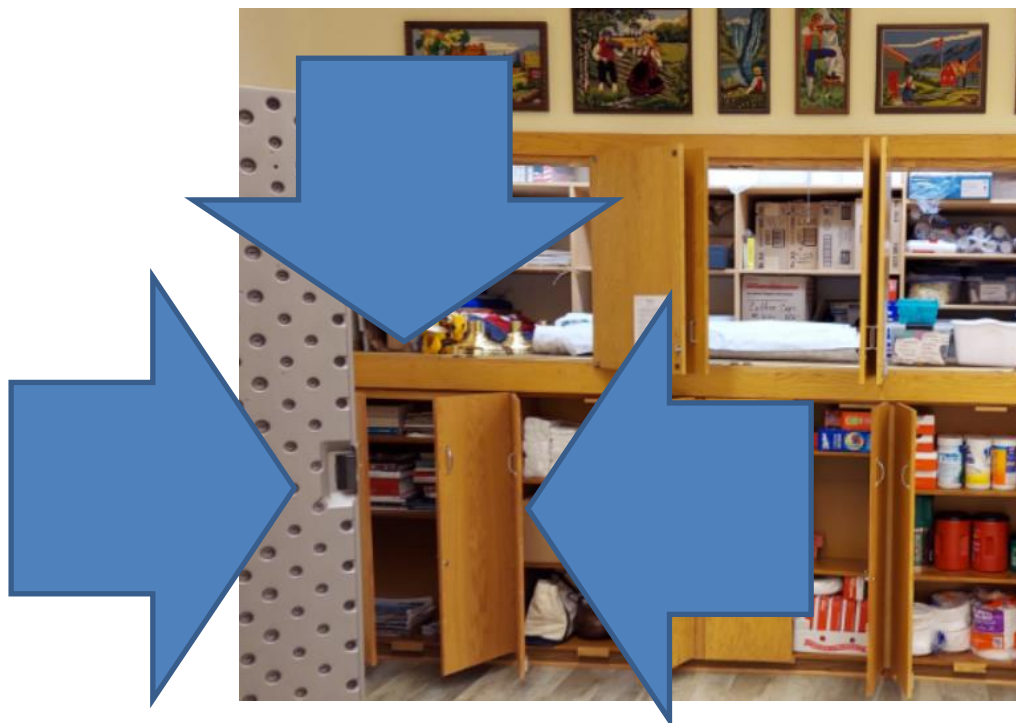


Hemochromatosis – <http://liverfoundation.org> a common genetic disorder where the body adsorbs too much iron which causes a cascade of other bodily conditions. If you have concerns have a discussion with your doctor on what you should watch out.

***If you missed the March meeting below is a picture of our speaker Professor Krouk. Professor Krouk talked about the Norwegian resistance in the printed media.***



Don't forget to stop by the Lodge library which has been moved to a stable location in the cupboard after the cleaning that happened earlier in the year. In the picture it is the last lower cabinet before the emergency exit or where the arrows are pointing to in the picture.



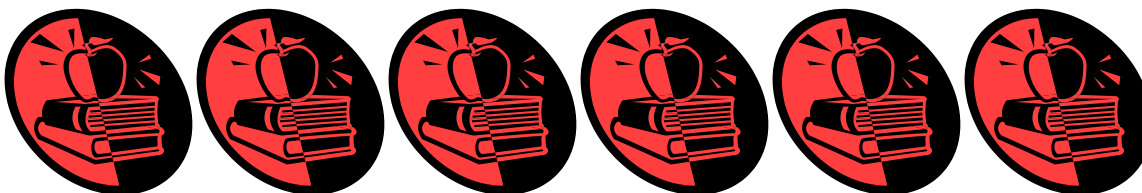
Within the new space for the rotating Library there are many titles to choose from and we ask that if you borrow a book from the library that you bring it back to the library for others to enjoy. We also have for checkout many previous editions of the *Norwegian American Newspaper* and *Viking* magazines from previous years. We also have a couple Norwegian to American dictionaries and a few older tutorials to “learn” Norwegian.



Along with the rotating Library offerings there are a few volumes that will need to be tracked and will not be in the cupboard –please see Tiffany Schwoerer to check them out. *Gløtt av Norge (Glimpses of Norway)* –N.W. Dumm & Søn; *Snorre* –Dr. Gustav Storm; All three volumes of *Norwegians in America, their History and Record* –Martin Ulvestad

Some of the titles in the rotating Library include (as of the last meeting):

- Deep Harbor –Lisa Tawn Bergren
- Norwegians on the Prairie –Lovoll
- The Emigrants –Bojer
- The Making of an Antifascist –Krouk
- Edvard Grieg (Diaries, Articles, Speeches)-Benestad & Halverson
- Prillar-Guri –DeSordi & Stavig
- Leftover Lutefisk – Art Lee
- Norwegian Folklore –Zinken Hopp
- The First Book of Norway –Merrick
- Skis Against the Atom –Haukelid
- Grandpa’s Troll Stories –Art Stavig





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**Do you have a change of address?**



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

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