

Important dates to remember:

Lodge Meeting Dates: 6:30 pm start

Sunday March 19, 2023*

Thursday April 27, 2023

Thursday May 25, 2023

**Held at the Community Center 107 N Grove
St. in Mount Horeb.**

***-Final Winter 2pm meeting start time**

Board/Business Meeting Dates: 9 am

Correction! -Saturday March 11, 2023

**Board meeting for March will be held at
Spring Gardens in Mt. Horeb. The rest are to
be announced.**

Mark your calendar dates –

Waffle Appreciation Day – March 25, 2023

Deadline for Directory –April 1, 2023

Newsletter Articles Due–April 1, 2023

Syttende Mai - May 25, 2023

Lodge Picnic –June 29, 2023

Kaffee Stue –July 14 & 15, 2023

Cultural opportunity - TBD Sept, 2023

Høst Frokost – October 7, 2023

President's Word

God snart vår, alle sammen (Happy Almost
Spring, Everyone)!

If a picture is worth 1,000 words, I can be
very brief this month! While looking for
inspiration of what to write, I let the picture
show on our website run through the many
scenes of fun and fellowship that are posted
on there. Check it out:

<https://www.sonsofnorwaymthoreb.org/vennelag.html>

As a new year begins, we can look forward to
a whole new litany of pictures waiting to be
taken in 2023. We've got several speakers
lined up, some traditional events, and some
new ideas and events, all serving the mission
of promoting our Norse heritage.

Like almost ALL service clubs and
organizations in the area, we're challenged by
the need to bring in new members and retain
our long-time members. It's not easy but
essential for our long-term viability. We've
got a solid base of membership, a strong
financial position, and a wide variety of
programs on tap.

If you haven't done so lately, come check us
out. Looking forward to another great year!

Takk så mye! Allen

March 19th meeting featuring the below Professor

Nordahl Grieg and the Norwegian Resistance

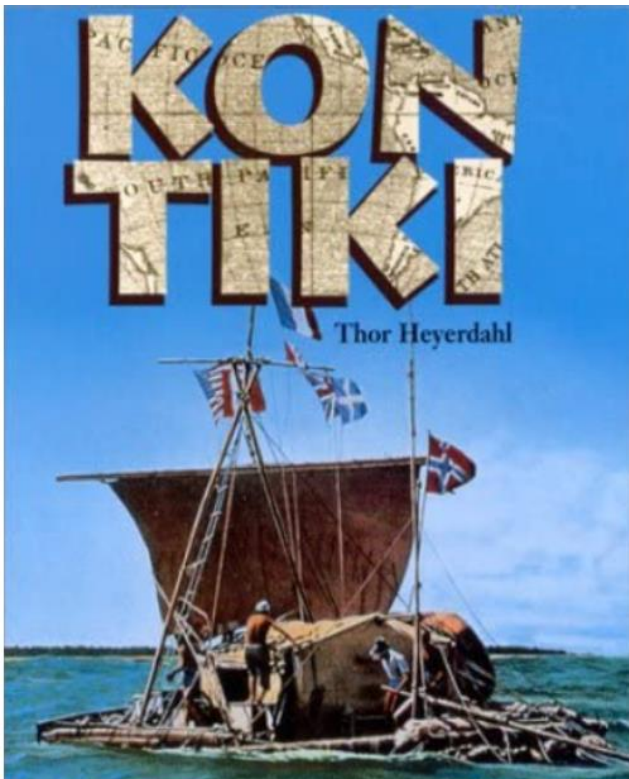
The Thursday evening portion of the Symposium features "Nordahl Grieg: Icon of the Norwegian Resistance." Professor Dean Krouk will describe the writings of the man who helped inspire the resistance during WWII, heralded by President Franklin Roosevelt and all Norwegian Americans for its daring courage fighting fascism.

Dean Krouk is Associate Professor of Scandinavian Studies.

Discovering your roots as a Norwegian American goes beyond your immediate genealogical chart. You must consider the deeper roots of who you are, your values and ethics. What were the values and culture of Norway that the immigrants brought with them and how did they change once they came to America and impact us as Norwegian Americans? How did Norway inspire us during WWII and shape our concept of courage as Norwegian Americans?

Thursday, April 27 6:30 pm

Join us for what promises to be fun for all. We're going to show the 1950 documentary of the voyage of the Kon Tiki. It runs a little over an hour which we will attempt to streamline. But during the screening, we are holding our annual **CHILI COOKOFF!** Bring your favorite recipe or two or three and plan to sample it all.



"Kon-Tiki" was the name of a wooden raft used by six Scandinavian scientists, led by Thor Heyerdahl, to make a 101-day journey from South America to the Polynesian Islands. The purpose of the expedition was to prove Heyerdahl's theory that the Polynesian Islands were populated from the east---specifically Peru---rather than from the west (Asia) as had been the theory for hundreds of years. Heyerdahl made a study of the winds and tides in the Pacific, and by simulating conditions as closely as possible to those he theorized the Peruvians encountered, set out on the voyage.

MANGE TUSEN TAKK...

A big thank you shout out to our peelers, ricers, and lefse rollers, that changed 80 lbs. of potatoes into beautiful lefse rounds. While working on the mornings of Dec. 13 and 14, Christmas music played in the background, there was a lot of laughter and talking. The mornings ended with yummy lunches.

Our peelers and lefse makers:

Anna Olson, Donna Corcoran, Duane and Nancy Kittleson, Mary Krantz and her sister Joyce Frisch, Scarlett Feller, Mark Hanson, Jane Heibel, Laura McClain, Cheryl Bjorge, Rita Schraepfer-Derke, Allen Watrud, Arlene Watrud-Krueger, Tom and Kathy Wulff, Cheryl Wille-Schlessner, Arthur Ness, Harley and Carlyce Skjervem, and Ann Walser.



Important message from Headquarters- Jan 15, 2023 Email

The surplus, a measure of solvency equal to the owner's equity in accounting terms, for Sons of Norway has been reduced to a crucial level over the past several years. It will require immediate action to restore the surplus to a level that is required by the Minnesota Department of Commerce or MDOC, to continue as a viable carrier and ensure we have the capital to support future claims. We will need to make immediate changes to our current insurance product line to support growth and stability in our surplus level.

Sons of Norway recently announced the next step in our journey to profitability with the closure of sales of our guaranteed issue whole life product. This change was necessitated by several factors such as higher than expected claims and adverse economic and market conditions that ultimately caused higher than acceptable capital strain or cost to the organization. This strain, in conjunction with the immediate reduction of new sales due to this closure, has forced us to make some very difficult decisions.

- Regrettably, effective January 12, 2023, Sons of Norway has reduced our home office staff by 20%. The core team that remains will spend 2023 building a new normal for Sons of Norway that focuses on streamlined processes, steady but measured growth, and modernizing technologies.
- We will be eliminating some current positions and either eliminating the function of those roles or realigning the workload with other personnel.
- We will actively reprice current insurance products and limit sales to control growth, which in turn reduces expenses. We will develop a new product and file for its approval with the MDOC immediately with the goal of getting the new product available for sale during 2023.
- As an insurance carrier we need the products we offer to be profitable for the health and stability of the organization.

Other important steps have been taken to reduce our operating budget to support the growth of our surplus and ultimately ensure we are viable long term for our customers and members. We will evaluate our expenses and leverage technology to ensure we are operating as efficiently as possible.

How will this impact the districts?

- We will not be providing some of the materials that lodges have enjoyed in the past and some functions will move to the district level. We will communicate any changes once finalized.
- We will continue to ask for assistance in getting the proper reporting from your lodges: D17, 990 etc.

- With less staff we will ask the districts to help handle many of the questions related to lodge maintenance.
- Going forward we will further automate reporting processes and will no longer be able to accept paper versions of processes that are available online.

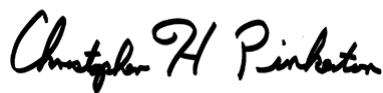
The good news is that we are quite optimistic about our future because we have been able to increase both our available surplus and risk based capital ratios via selected reinsurance and asset sale transactions which were completed prior to the end of 2022. These transactions increased our capital and will better position Sons of Norway's current financial vitality and our prospects for future growth.

Every new beginning is hard, and this is no exception, but this isn't the first time we have navigated difficult waters in our 127-year history, and we have the talent and perseverance to recapture success.

Respectfully and fraternally,



Ron Stubbings, International President, Sons of Norway



Chris Pinkerton, Chief Executive Officer, Sons of Norway

As a follow-up, here is who to contact when you need help

- You can email cbs@sofn.com for any member updates that need to be made.
- For anything fraternal- Connie O'Brien (COBrien@sofn.com) or Amy Tuchenhausen (ATuchenhausen@sofn.com). Sherry Gorse is no longer employed at Sons of Norway.
- For matter like submitting a death, a change to a members address or other info please email cbs@sofn.com
- For issues with passwords or website use ithelp@sofn.com.
- The 800 number to call in for member support is 800-945-8851
- If you need something related to sales, you can use sales@sofn.com

Interested in expanding Norwegian connections? SoCul member Tiffany Schwoerer has a kohlrosing kit available. Kohlrosing is a type of carving that doesn't take up a lot of space so great for small spaces and large alike. If interested please e-mail vennelageditor@gmail.com to see if it's still available, it will be given out to the first interested party.

Thank you to Connie Aiello of Nordlyset Lodge for sharing her Lapskaus recipe and video!

Check it out along with the other fun recipes!

Video- https://youtu.be/P_2mrl_27gc

Source is the Friday Friendly Fifth Newsletter.

Lapskaus Ingredients:

3 to 4-pound bone-in pork shoulder butt

4 pounds small yellow potatoes

3 medium carrots

1 leek

1 medium rutabaga

1 – 2 parsnips

3 Tbsp. fresh parsley, finely chopped

3 cups beef broth or beef stock

2 Tbsp. Kitchen Bouquet*



Directions:

Chop potatoes, carrots, leek, rutabaga, and parsnips into large chunks. Set aside in a large bowl. Trim most of the visible fat from pork butt, season with salt and pepper. Place pork butt into 5-6 quart Dutch Oven and cover with water. Place cover on Dutch Oven and boil for 1 hour. Remove lid and let pork butt cool to the touch. Remove pork from Dutch Oven and place on cutting board. Drain boiled water from pot, reserving 2 cups. Using a boning or filet knife, remove pork from bone. Cut pork into large bite-sized pieces. Return reserved 2 cups boiled water back into the Dutch Oven. Add 2 cups of beef broth/stock. Stir in Kitchen Bouquet. Add potatoes, leeks, rutabaga, and parsnip. Add pork pieces; stir to mix. Cover pot and cook on HIGH for 15 minutes. Stir. Add additional beef broth or water, if needed. Reduce to medium to medium-high heat for additional 10-15 minutes until potatoes are fork tender. Serve in large bowls. Top with fresh parsley before serving.

*Substitutes: Parisian Browning Essences (Gluten/Egg/Soy/Dairy/Peanut Free), dark molasses, McCormick's Brown Gravy package.



Ron Goplin with Gran
Relatives in Norway



Watrud Grandkid Architects



Proudly showing the gingerbread houses
they made at Gramma's house at
Christmas are Arlene Watrud Krueger's
barnebarn, Sutton Hayes (7), Rhemy (9)
and Anders (10) Krueger.

REMINDER:

April 1st is the deadline to inform President Allen Watrud if you are not comfortable with being included in the Lodge Directory. (Reminder that the Lodge Directory is to be used **ONLY** for Lodge Business. Any other use is strictly prohibited.)

Looking for someone to copy and/or scan Historical Lodge documents before donating the documents to the local Historium/Museum. If interested, email to Vennelageditor@gmail.com

Results of the 2022 Member Survey and Interest Form

The results are a compilation of the 22 returned surveys from the October and November meetings. The SoCul committee has the suggestions under consideration and appreciate the time that was taken at the meetings for the members present to fill out the survey.

#	Lodge event:	Interests:
17	Attend Midsommer picnic	
13	Making Lefse for events	
13	Going on Bus Tours to American Norwegian places/events	
11	Making Norwegian cookies for events	
11	Participate at any or all Parades	
10	Trim Stamps for Tubfrim	
7	Watch Movies instead of Speaker	
6	Baking traditional goodies for Bale Sales	
6	Play board games/cards instead of Speaker	
5	Joining a Book group	
5	Cultural Medal -Foods of Norway	
4	Cultural Medal - Norwegian Language	
4	Help greet people at Lodge meetings	
4	Sports Medal -Walking	
4	Help with Lodge history & identifying pictures	
4	Work events at the Bake Sale	
3	Making frycakes for events	
3	Help with Auditing Lodge accounts	
3	Julebukking in Assisted Living communities	
3	Help with Syttende Mai Celebration planning	
2	Cultural Medal -Folk Dancing	
2	Cultural Medal -(fill in)	Genealogy
2	Help promote our scholarship programs	
2	Social hour not included with Lodge meeting	
2	Speaker/program suggestions listed on back of page	
1	Cultural Medal - Rosemaling	
1	Cultural Medal -(fill in)	Hunting
1	Cultural Medal -(fill in)	Hardanger
1	Other Norwegian Opportunitites:	Genealogy
1	Help with Lodge Meeting set up & take down	
1	Sports Medal -Bowling	
1	Sports Medal -(fill in)	Snowshoeing
1	Movie Suggestions	
1	Plan bus tours -Domestic/International liason	



The Watrud's, Olson's and Hanson's
tour of Norway

A **BIG** Thank You! to the dedicated crew: Ann Walser, Mary Kranz, Arlene Watrud-Krueger, Allen Watrud, Anna Olsen, Orville Olsen, Rita Schraepfer-Derke, Harley Skjervem and Tiffany Schwoerer. If you were there and were missed out on the list please know that we couldn't have done it without you! We have cleaned out the cabinet in the Community Center then the crew organized it. We ask that if you help pack things away after meetings or events that you put it back where it lives. There will be lists posted on the inside of the doors to help find the item's home.



Notice the Sunshine Committee is starting up - meaning that you should be expecting a postcard in your birthday month from the Lodge.



Top 10 food items in Norway

Source: <https://www.tasteatlas.com/50-most-popular-foods-in-norway>

1. **Lutefisk** – Now-days it could be any whitefish; it used to be cod but the common strain is its pungent odor. After cooking the Scandinavians pair it with boiled potatoes, mashed green peas, melted butter and chopped fried bacon.
2. **Jarlsberg** – This cheese is a kin to our American Swiss cheese as it was Swiss Cheesemakers that taught the Norwegian Anders Larsen Bakke, the secret of the Emmental Region of Switzerland (which is where the American Swiss comes from and it's better in the mountains of Switzerland).
3. **Brunøst** – The brown cheese is processed cheese made from cow's and goat's milk whey. Which really makes it not a cheese but a cheese product; however this doesn't make it any less delicious on a piece of toast/cracker with or without jam.
4. **Lefse** – The flatbread is a kin to pita and tortillas in that they are round and really a vehicle for the insides to get to be enjoyed. Believe it or not but each Norwegian region has its own type/recipe that is preferred over the commercially-made.
5. **Kjøttboller** – The meat shapes are similar to the Swedish meatball style that main stream culture is familiar with; however these are more like a hockey puck in size/shape than completely round. Once cooked it is traditional to serve with a type of gravy as a main course.
6. **Pinnekjøtt** – This mutton/lamb Christmas dish is more devoured in the northern/western areas of Norway than anywhere else as these areas favor agriculture. The dish has a long preparation as its brined then air-dried/smoked before cooking then served with potatoes, turnips and salads to the delight of many during the holiday season.
7. **Fiskesuppe** – A popular costal soup that is known and loved for the creamy, buttery, silky texture and taste. Many Norwegians have their regional version that is their comfort seafood soup which typically includes root veggies along with shellfish and drizzled with lemon juice prior to serving.
8. **Lapskaus** – The stew is a hodge-podge of sorts as it's made of whatever you have in the kitchen and available. Typically slow-cooked beef which is where the broth/sauce will thicken and cook the root veggies to the enjoyment of the family.
9. **Sodd** – This national dish is a mutton meatball that is reminiscent of Matzo soup where you make the ball then add the broth on top of it. Sodd is not that big but you cook the veggies and the meatball separately then combine them for special occasion mealtimes to enjoy with lefse.
10. **Skillsboller** – This is the Norwegian version of a cinnamon roll as it has the most Scandinavian of spices –cardamom in it along with loads of extra butter. This afternoon snack is usually eaten leisurely with Brunøst and coffee.

Allen Watrud, President

Phone: (608) 836-3550

Email: awatrud@gmail.com

Arlene Watrud-Krueger Vice President

(Events)

Phone: (608) 836-7450

Email: akrueger@chorus.net

Harley Skjervem, Vice President

(Youth, Communications, Events)

Phone: (608) 829-1728

Email: hskjervem@gmail.com

Anna Olson, Treasurer

Phone: (608) 935-3915

Email: oranno@frontier.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?



Duane Kittleson

6225 Mineral Point Rd. Apt. D90

Madison, WI. 53705

Phone: 608-229-6738

email: dkittverona@gmail.com

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**