

## Important dates to remember:

### Lodge Meeting Dates: 2 pm start

Sunday January 15, 2023

Sunday February 19, 2023 \*

Sunday March 19, 2023

Held at the Community Center 107 N Grove St. in Mount Horeb unless noted by an \* that there is a different location.

\*-Meeting will be held at the Eberhardt's farm, see meeting details for driving instructions.

### Board/Business Meeting Dates: 9 am

Saturday January 14, 2023

Saturday February 4, 2023

Saturday March 4, 2023

Board meetings for Jan – Mar will be held at Sjølinds in downtown Mt. Horeb

### Mark your calendar dates –

Scandihoovian Fest –Feb 11, 2023

Syttende Mai - May 25, 2023

Kaffee Stue –July 14 & 15, 2023

Høst Frokost – October 7, 2023



### Gratulerer Cheryl

Mange takk for all that you have done and best wishes on your new District 5 President position

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 insurance and financial products to our members.

Godt nytt år, alle sammen (Happy New Year, everyone!)

Here's hoping that the holidays were all good, sane, and peaceful for you. This time of year we're subjected to "State of the (something)" speeches, so here's your "State of the Lodge" message for Vennelag: In a word, GREAT. Now don't you wish the other ones could be that concise and positive?

All of the 2022 goals that were established by the Board and submitted to the District were met and sometimes flattened:

- Participation in the 2022 D5 Convention
- Membership goals 4% or 10 new members We achieved more like 20+
- Food events to share Norse heritage and culture (Kaffe Stue, Høst Frokost, lefse sales)
- Foundation fundraising goal of \$900 this was exceeded thanks to your generosity
- Local philanthropy and support: Higher ed. scholarships We gave out 3 at \$1,000 each
- Support Holiday Giving tree and local food drives
- Link to Norway through travel - we had 41 participants on our September trip

Setting these goals was pretty easy since items were picked that were high on the to-do list. It's the execution of the goals that isn't always so easy, and the only way they got done was through the hard work and dedication of you all. Membership is up, our finances are in good shape, our community presence and support is strong, and turnout for activities is encouraging. We've got some fun and interesting events on tap for the upcoming year. We're on a roll. Let's keep it going through 2023! Hope to see you often...

Takk så mye! - Allen

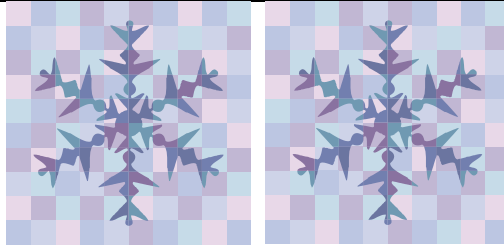


Ron Goplin serving at the drinks table at  
Høst Frokost

### What exactly is TUBFRIM?

Join us at the **January 15 meeting, beginning at 2:00 pm** to know more. Darlene Arneson will share a slideshow of her trip to the TUBFRIM headquarters in Norway and will answer all of our questions.

Also, Scandihoovian Fest will be held on Main Street in Mt. Horeb on Feb. 10-12, 2023, and once again Vennelag Lodge will be there. **Our participation will be on Saturday, Feb. 11 from 10:00 am - 1:00 am**, and will offer hobby horse racing, bean-bag tossing, and kubb instruction. The kids love it all - plan to be a part of it!



## Back by popular demand!

Join us once again for a few hours in the Wisconsin winter wonderland as we plan to enjoy sledding, snowshoeing, and other great outdoors activities. Please bring your personal sport equipment to the home of John and Karen Eberhardt on 2996 Timber Lane, Verona, WI 53593.

Refreshments will be served.

Need something to do in addition to Lodge meetings – don't forget to check out the listing that the membership committee sent out in December for ideas!



### October meeting snack of Waffles on a stick

Look out for another opportunity to enjoy or to try the tasty treat found in Norway

**Don't forget:**  
**Get volunteer & travel**  
**hours into**  
**Rita Schraepfer-Derke**  
**by Feb 1, 2023**





# SONS OF NORWAY

## Mandt Lodge 5-314



A January 15<sup>th</sup> afternoon starting at 2 pm about Stoughton's William Seamonson and Arneson's Civil War Adventure Trip

Mandt Lodge members John and Darlene Arneson will share the story of their adventure following the Civil War battle engagements of John's great grandfather, William Seamonson. Born in Norway and immigrating as a young child, William went on to serve three years in the Wisconsin 23rd Division in the Red River, Vicksburg, and Mobile Campaigns during the Civil War.

Follow the journey that John's investigation has taken as he shares how he researched his great-grandfather's story of service to his country and which resources anyone has access to in order to research their own family members. Travels took them to Norway, Camp Randall, four southern states where most of his battle engagements occurred, to the state capitol, and ending at his final resting spot at West Koshkonong Church.

## ***HELP WANTED!***

The Board is looking at a new initiative for developing a "Sunshine Committee" for reaching out to the membership on a monthly basis.

We'd like to have one or two volunteers to assist. The time commitment is estimated to be 2-3 hours per month, and includes an optional seat with the Board of Directors as a committee chairperson, although attendance is optional.

If interested, please contact President Watrud for more details.

## Sad news- the end of an era for TUBFRIM

Greetings all: Just heard from Ole Hillestad that Tubfrim is closing. The following is from their website and is the web translation, which is a little rough in places:

TUBFRIM in Nesbyen has been decided to be closed. The owner of TUBFRIM, the National Association for Public Health, has decided this week to shut down Tubfrim operations from the summer of 2023. The ordinary operations of TUBFRIM will therefore cease from 22. October 2022. TUBFRIM will continue to accept all used stamps until the New Year 2022/2023, while alternative solutions are being worked on. The society is digitizing, and the amount of collected stamps has decreased drastically. The last five years, 2017-2021, shows that it will be difficult to produce surplus in the coming years. Therefore, the decision to discontinue operations is necessary.

The large reduction in the entry of stamps, already scaled operations with regard to the number of employees, and costs at a minimum provide very little action opportunities to continue expecting operating profits. With this backdrop, we can no longer defend operations at TUBFRIM without operating on saved up funds. The board of TUBFRIM has therefore decided that the ordinary operations of TUBFRim will cease from 22. October 2022. Starting on the 24th - 3 to 4 weeks in October, there will be a one-stop sale with good prices to our loyal customers.

As of today, TUBFRIM has three employees, which constitute approximately 1.5 years worth. The National Association for Public Health, the board of TUBFRIM and the staff at TUBFRIM would like to express a big thank you to everyone who has collected and sent stamps to TUBFRIM over almost 100 years. This applies to private individuals, companies, government offices and municipalities. In addition, kilos of stamps have been cut in hundreds of day centers around the country. This together has contributed to TUBFRIM turning used stamps into good measures for children and young people.

### History:

TUBFRIM was established in 1928 at Nesbyen by postmaster Ditlef Frantzen. TUBFRIM would collect and sell used stamps. The profits should be used for tuberculosis work among children in Norway. TUBFRIM was transferred to the National Association for Public Health in 1947. TUBFRIM built its own stamp house, Solstad, in 1958. At most, 14 people worked at TUBFRIM. Collection of stamps and other philateli has always been the main activity, although both Telecards and postcards have been additional products in later decades. There have also been changes to what the profits will be used for. Today, the profits go to health and well-being measures for children and young people in Norway, and to the fight against tuberculosis. From 1928 until 2021 TUBFRIM has distributed NOK 26 million to approximately 2700 good measures.

Contact person regarding TUBFRIM:

Dear Myro, CEO  
tubfrim@tubfrim.no  
940 66 126

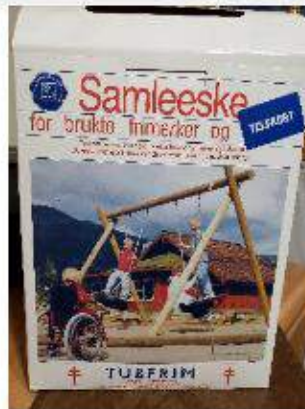
-----  
Our many many thanks to all the lodges who have saved and sorted stamps over the years. And to all of our TUBFRIM coordinators, but especially Mary Bennett, who has probably spent into the thousand of

hours of trimming stamps, going over boxes from lodges, coordinating delivery, and all her outreach and transporting stamps from lodges to the pick-up spots. We hate to see this program end as it's been a part of Sons of Norway for many years.

I'm not sure if there are other outlets for stamps. If some members can help explore options for used stamps that would be great. Otherwise, I think it's best to let our members know that the program has ended and the need to save stamps is over – at least for this project.

Thank you again for your support of this program. Here are some photos from our trip to TUBFRIM in Nesbyen when Sigrid was at the Norwegian Folk High School in nearby Gøl.

Darlene Arneson



## Baking tips from Valkyrien Lodge

Have you ever made a batch of rolled cookies, and wished you could avoid the waste or extra work created by using dough from the spaces between cookie cut-outs? Martin Lersch, a scientist living in Norway, considered the possibilities. Lersch decided to come up with a new way to make rolled cookies. He designed a cookie cutter to create a tessellated sheet of dough, meaning there is no space between each shape.

You can read more about his ideas on cookies and more on his blog, Khymos. In case you are interested in trying his idea for this year's Christmas baking fun, a few of Lersch's cookie cutters may be 3-D printed from Thingiverse.com





# Høst Frokost



## NORTH TO NORWAY TRIP LED TO FAMILY REUNIONS

On September 1, 2022, a group from the Sons of Norway Vennelag Lodge in Mt. Horeb left for Norway. The trip took us from Trondheim north 700 miles to Tromsø. After spending time in Trondheim, we went to Orkanger, where we were the guests at a reception held for us by members of the group that bought, disassembled, and shipped the Little Norway stave church back to Orkanger, where it was originally made. They shared pictures and firsthand accounts of the process with us. In 2017, some members of this trip were present for the dedication of the Little Norway church, to become known as the Thams Pavilion. It was an evening of reminiscing, listening to accordion and fiddle music (the fiddle played by Stein, who played for the dedication ceremony) and enjoying the beauty of the renovated building.







## Høst Frokost



## Sons of Norway Foundation

It is my privilege to share that our Sons of Norway Foundation Campaign, ***“Together we are the Future”*** in October was a tremendous success! Our Vennelag Board of directors set a goal to raise \$900 for 2022, and not only did we meet our goal, but we exceeded it! We are in the midst of finalizing all the numbers and required reporting to the Foundation, but our initial projections are in the \$1,300 range! This amount came from your tax free contributions and donations, along with members who contributed Norwegian gifts to be sold through our silent auction, with the proceeds given to the International and district Foundations.

I am very pleased to report that for the past number of years, we have exceeded our Foundation goals. This is only due to your efforts in providing the funds to support its mission and purpose through scholarships, cultural exchange opportunities, providing disaster relief to members in need, and funding community programs that celebrate our Norwegian heritage and culture.

Your generosity to the Foundation in 2022 is truly appreciated, and as the Vennelag Lodge Foundation director, I say thank you!

Harley Skjervem

## Baking Workshop!!!







## More Baking Workshop



## Bunads and festive dress at the Christmas party





**Allen Watrud, President**

Phone: (608) 836-3550

Email: [awatrud@gmail.com](mailto:awatrud@gmail.com)

**Arlene Watrud-Krueger Vice President**

(Events)

Phone: (608) 836-7450

Email: [akrueger@chorus.net](mailto:akrueger@chorus.net)

**Harley Skjervem, Vice President**

(Youth, Communications, Events)

Phone: (608) 829-1728

Email: [hskjervem@gmail.com](mailto:hskjervem@gmail.com)

**Anna Olson, Treasurer**

Phone: (608) 935-3915

Email: [oranno@frontier.com](mailto:oranno@frontier.com)

**Tiffany Schwoerer, Lodge Editor**

Phone: (608) 527-2821

E-mail: [vennelageditor@gmail.com](mailto:vennelageditor@gmail.com)

**Greg Ragan, Financial Benefits Counselor**

Phone: (800) 442-4146

E-mail: [gragan51@gmail.com](mailto:gragan51@gmail.com)

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

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

**Duane Kittleson**

6225 Mineral Point Rd. Apt. D90

Madison, WI. 53705

Phone: 608-229-6738

email: [dkittverona@gmail.com](mailto:dkittverona@gmail.com)