

BOARD/Business Meetings, (6:30 PM Skål Public House)

August 10, 2020
September 21, 2022
October 10, 2022

LODGE Meetings, (6:30 PM MHCC, 107 N. Grove St.)
NO LODGE MEETING IN AUGUST-TRAVEL ADVENTURE!
Join us to see the Viking ship in Geneva, IL.

September 29, 2022
October 27, 2022

Upcoming Activities:

**Middleton Good Neighbor Festival Parade-Sunday,
August 28, 2022, [See specific information in this
edition.](#)**

**Rosette-making September 20, and Lefse-baking
September 21-22, ELC Mt Horeb. Beginning at 9
AM Please bring your equipment.**

VENNELAG LODGE HONORED ITS MEMBERS WITH
ANNIVERSARY PINS AT ITS MAY MEETING. SEE THE
COMPLETE LISTING ON PAGES 5-6.



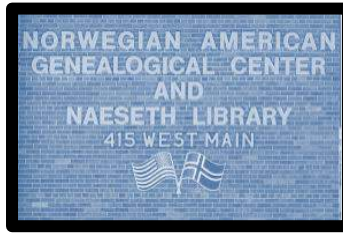
ORD FRA PRESIDENTEN

Wow...where has the summer gone? By the time you read these pearls of wisdom, 41 of us will either be getting ready to leave for Norway, or may possibly be there by now. It was because of the trip in 2017 that my sister and I joined Vennelag Lodge, and we haven't looked back. The Lodge has gained 18 new members at last count for the 2022 trip. Wouldn't it be nice to be able to offer (and afford!) trips like this every year? Offering travel to others is clearly advantageous to membership drives.

But since that is not practical for most of us, we're looking for other ideas to research and possibly offer as ways to attract members and keep the monthly programs fun and interesting. New ideas are always worth looking at, so please bring your wish list to the September 29 Lodge meeting when we will kick off the events of the fall season. Also, on tap will be a recap of the highlights of the summer, a preview of upcoming plans for 2022, and there might also be a surprise or two thrown in. I hope to see you then!

And when you see Cheryl Wille-Schlesser, be sure to tell her "Gratulerer" on her recent election as the new District 5 President for the next biennium. She will be overseeing 44 lodges in 6 states but is well prepared having served as the captain of the ship for Vennelag Lodge for 6 years. We all wish her smooth sailing with her new responsibilities.

Takk så mye!
Allen



THE NAGC FALL CLASS SCHEDULE IS AVAILABLE!

You can register on line by
mailing a check or call us to sign up (608-255-2224)
All class times are Central time zone.

Genealogy Basics Online

Saturday, September 10, 2022—10:00 a.m. to noon
\$40 member & non-member (online)

This class is designed for those who are just dipping their toes into genealogy research. Class topics will include genealogy best practices, using websites such as FamilySearch.org and Ancestry.com, and resources available from historical societies and genealogical societies. This class is not specific to those with Norwegian heritage, and we welcome NAGC members and non-members.

Introduction to Norwegian Genealogy

September 13 (Tuesday) & 15 (Thursday), 2022—10:00 a.m. to noon
\$100 member/\$150 non-member (online)

This two session class is for those who are familiar with genealogy basics but haven't dug into Norwegian genealogical research yet. The class will focus on Norwegian naming traditions, history and geography, along with strategies for reading old handwriting and finding where in Norway your ancestor may have originated.

This class also includes a copy of our "Research Guide for Norwegian Genealogy: For Beginning and Experienced Genealogists."

Using Norwegian Farm Books (bygdebøker)

Saturday, September 24, 2022 – 10:00 a.m. to noon
(in person)

\$55 member/\$65 non-member

This class expands on the introductory class by exploring using Norwegian Farm History Books (bygdebøker) for clues for your genealogical research.

Fee includes lunch and time after to explore the collections.

Other classes are offered; check the NAGCNL.org website for more information.

From Vice President and Foundation Director, Harley Skjervem

From the Social-Cultural Committee-

*At the **September** lodge meeting, a report from the Vennelag delegates who represented the lodge at the District 5 Convention in June will be given. Congratulations to Cheryl Wille-Schlesser who was elected as the Fifth District President! That's a first for Vennelag Lodge; no other lodge member has served the Sons of Norway in that capacity.*

New members of Vennelag Lodge in addition to our regular members who will have just returned from their Northern Norway trip will be in attendance to share their stories. The new members will be introduced to the lodge by the veteran members who were on the trip and got to know them well. We will conclude the night by playing games, whether it be euchre or another card game.

***October** is International Foundation Month, and members will be able to check out the baskets that will be raffled or auctioned off in support of the Sons of Norway Foundation. Vennelag's Foundation goal for 2022 is \$900. We will have a short presentation on the stunning sites that our members had in Norway in September, along with a presentation from Greg Regan, our Sons of Norway insurance professional. Insurance is not the only benefit offered. One might want to consider an annuity as an investment. The minimum number required is \$2,000.00.*



I am super excited to announce that the Stoughton High School Norwegian Dancers are going to Norway in June of next year! I am planning and need to begin putting together the Companion Tour. I would like to take anyone interested in coming to Norway with the dancers. You will have nicer accommodations than the dancers, and you'll have the opportunity to watch every performance, although not a requirement! There will be plenty of sightseeing in fantastic places, all with your own personal tour guide for the entire 11 days. The dates of the trip will be June 16th – June 27th, 2023. Cities visited will include Oslo, Tinn, Rjukan (WW II heavy water site), Gjøvik (Former visiting dancers live here.), Lillehammer, Lom, Geiranger, and Trondheim.

If you are interested, please email me as soon as possible to get on the interested list. As soon as I have the itinerary and cost, I will email it to everyone on the list. You can either commit or decide not to go. Getting on this initial list is not committing you to travel. This is just the "I might be interested list." Email- heimstaci@gmail.com by mid August to get on the list.

Please forward this message to anyone and everyone you know who might be interested. I really appreciate your help in spreading the word to all who are interested in travel to Norway.

Many, many thanks!
Staci Heimsoth
Norwegian Dancer Director



THE NOVEMBER NORWEGIAN BAKING WORKSHOP, NOW A VENNELAG TRADITION!



Encourage someone you know to learn more about the customs of their family. Alle er velkommen!

In part, the mission of the Sons of Norway is to share the heritage and culture of Norway. The members of Vennelag Lodge do it well.

Children aged 9 and older are welcome to attend when accompanied by an adult.



PHOTOS: BIGSEVENTRAVEL.COM and depositphoto.com

Vennelag, 5-513, will have a Baking Workshop at the Mt. Horeb Community Center on Saturday, November 5, 2022. The event will start at 8:30 AM with a light breakfast of waffles, fruit, juice, milk, and coffee.

The baking stations will include waffles, lefse, rosettes, sandbakkels, and krumkake. Please bring a Ziploc® bag or a container to take your samples home. These items could grace your Thanksgiving or Christmas table and would no doubt be gone in minutes!

The cost is \$25.00 per person. Children 9 and over are welcome if accompanied by an adult. Payment is due to Mary Gullickson-Krantz by Oct. 26. The space is limited to 25 people.

You may obtain a form from Mary by writing her at: laffalot@mhtc.net. Please send remittance and the form to Mary at her home address shown below. If you prefer, baking workshop forms can also be obtained at Open House Imports, 308 E. Main Street, Mt. Horeb. **The deadline is October 26, 2022.**

Help us to bring the heritage and culture of Norway to others via this outstanding food event. Mary's address is 217 N. Brookwood Drive Mt. Horeb, WI 53572



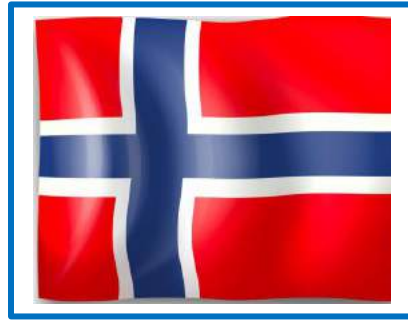
Cheryl Wille-Schlessler, former president of Vennelag Lodge, was recently elected to lead the Fifth District of the Sons of Norway. The district includes the states of Illinois, Indiana, Michigan, Ohio, Tennessee, and Wisconsin. Membership in this district is over 6,500, including juveniles and adults.

The Sons of Norway is the largest Norwegian association outside of Norway. It formed as a fraternal association in Minneapolis, MN, in 1895 when 18 Norwegian immigrants saw fit to protect their families from the perils of life.

Its mission is to promote and preserve Norway's heritage and culture, celebrate its relationship with other Nordic countries, and provide members with quality insurance and financial benefits.

When asked what this means for Vennelag Lodge, Cheryl replied, "I see Vennelag becoming a flagship for the district; what we do matters! Other lodges will look to us for suggestions and programming. Join me in making the 2022-2024 biennium one for the record books!"

Gratulerer, Medlemmer-Congratulations, Members! Many members received pins at our May meeting.



2021 10 + 1 Year Pins

Braeden Bohn

Jayla Dalberg

Dennis Eca

Majorie IM Johnson

Rita Schraepfer-Derke

Nora Wolf

2022 10 Year Pins

Lisa Burns

Jane Frame

Steven Frame

Davina Penne

2021 15+ 1 Year Pins

Aldeen Fjelstad

2022 15 Year Pins

Carol Hassemer

Jane Huseth

Carolyn Johnson

Daisy Kittleson

Martha Phillips

John Ranum

Karen Ranum

Stephen Sopcak

Ashley Wolfe

2021 20+1 Year Pin

Erica Schmook

2022 20 Year Pins

Isabella Bellis

Mandie Dalberg

MEMBERSHIP PINS CONTINUED

2021 5 (+1) Year Pins

Joshua Abbas
Eric Albrecht
Jacquelyn Brown
Roger Brown
Ingrid Frank
David Grindle
Avery Kimmerly
Rylee Lange
Nancy Meyers
Donald Mueller
David Oimoen
Bentley Rider
Carlyce Skjervem
Harley Skjervem
Ann Marie Spotts
Addison Steinich
Easton Steinich
Jayson Steinich
David Stenseth
Claire Tranel
Katrina Vike
Kristin Vike-Steinich
Arlene Watrud-Krueger
Thomas Wulff

2021 25 +1 Year Pin

Rebecca Nelson

2021 30+1 Year Pin

Audrey Casey

2022 30 Year Pin

Carlton Severson

2022 5 Year Pins

Mary Allness Phillips
Barbara Bartz
Noah Bray
Linda Coughlin
Jillian Holle
Michelle Krantz
Siri Martin
Tamara Schmook
Charles Spotts
Anna Tranel
Allen Watrud
Leonard Werner
Chelsi Wille
Kyle Wille
Kathleen Wulff

2022 25 Year Pins

David Hermanson
Duane Kittleson

2022 35 Year Pin

JoAnn Rue

Gratulerer til vårt medlemmer!



www.depositphotos.com



Vennelag's 19th Annual Høst Frokost (Norwegian Breakfast)

October 1, 2022, from 7:30 am to 11:00 am at the Mt Horeb Community Center

This event and the Mt Horeb Fall Festival allow us to share Norwegian culture and heritage. Invite your family, friends, and neighbors.

The planned menu consists of Norwegian pancakes, heart waffles with lingonberries, soft and hard-boiled eggs, rullepølse, lefse, bread, ham, beef, salami, and cheeses, herring, salmon, fruit salad, coffee, and Norwegian cookies and cakes. And don't forget the rømmegrøt!

The price is \$15 for adults and \$6 for children (age ten and under).

We are looking for volunteers. Setup begins the day before, Friday, September 30, at 2:00 pm. In addition to the hall setup, kitchen workers will start prepping foods and organizing the **Bake Sale**. It is an early call on **Saturday morning (6:00 am)**. We need an epic turnout to work during breakfast. Food donations are welcome Friday afternoon, September 30 (2:30 – 3:30 pm) or by 7:00 am on the day of the breakfast (Saturday, October 1).

We need the following donated food items: eplekakes, fry cakes, kringle, krumkake, lefse, rosettes, almond cake, and sandbakkels. We will also be having a Bake Sale, so any goodies, Norwegian or not, would be welcome.

If you cannot help or donate any of the items listed above, a cash donation of \$20 per member would be appreciated. Monetary donations fund items such as cheeses, meats, and salmon.

Mail checks, payable to Vennelag 513. Send to Anna Olson, 2200 Olson Rd, Dodgeville, WI 53533-9292.

Rita Schraepfer-Derke is the event chairperson and contact person for the Frokost. You may reach her at **608-220-7565** or email her at rsderke@gmail.com.

Lefse for the Frokost

We will be making lefse for the Frokost on Wednesday, September 21 and Thursday, September 22 starting at 9:00 AM at the ELC in Mt Horeb. We welcome all who can come and help. Those with a lefse grill, board, rolling pins, and turning stick are encouraged to bring them. Please watch your emails for more details.

Has your bunad blouse or shirt turned dingy or have set-in stains? Help is here!

Brighten Your Laundry Using this Technique

Dilute 2 to 3 tablespoons of baking soda per gallon of hot tap water or 1 part lemon juice or vinegar to 4 parts hot water. Wash the item thoroughly with solution, rinse with hot water and let dry with the door or lid open. You can also use an odor-removing soak or sanitizer.

Washing Yellow Stains from a White Garment

OxiClean® spray pretreatment, regular laundry soap, with a bit of bleach.

Still yellow? Use washing soda, soaked in hot water for an hour. Put into washer, double rinse cycle warm water, tumble damp dry so wrinkles lessen. Hang outside in direct sunlight for a few hours.

Jean Grindle

UFF!

A Norwegian nurse was asked why she had a rectal thermometer behind her ear. "My goodness," she exclaimed. Now, I know where I mislaid my pen."

Ole was becoming weight conscious. He remarked, "I used to pinch an inch. Now, I must grab a slab!"

Ole says, "Early in our marriage Lena and I used to go out for a nice dinner, a little candlelight, a glass or two of wine. Into our later years now, she goes Tuesdays and I go Thursdays.

Red Stangland's Norwegian Home Companion



On June 25, 2021, the Fifth District of the Sons of Norway recognized lodges who achieved the International Lodge of the Year status.

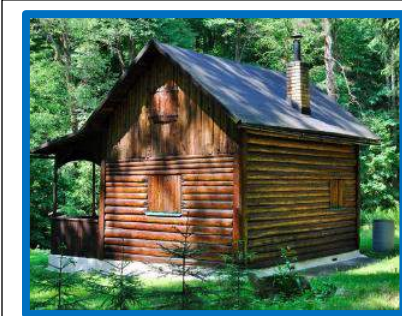
Show here are Dennis Flessland from Michigan, Allen Watrud, Vennelag Lodge, Mt. Horeb, and Jean Busker, Ostestaden Lodge, Monroe, whose lodges all earned honors. Due to the COVID-19 pandemic, some of the awards were dated to 2018.



Check out that form!

Ron Goplin takes careful aim on his next toss at the recent Stoughton Kubb tournament. Vennelag's *Norse Force* team had a good time but didn't come away with any hardware *this year*. We believe in you, *Norse Force*! Lykke til neste år!

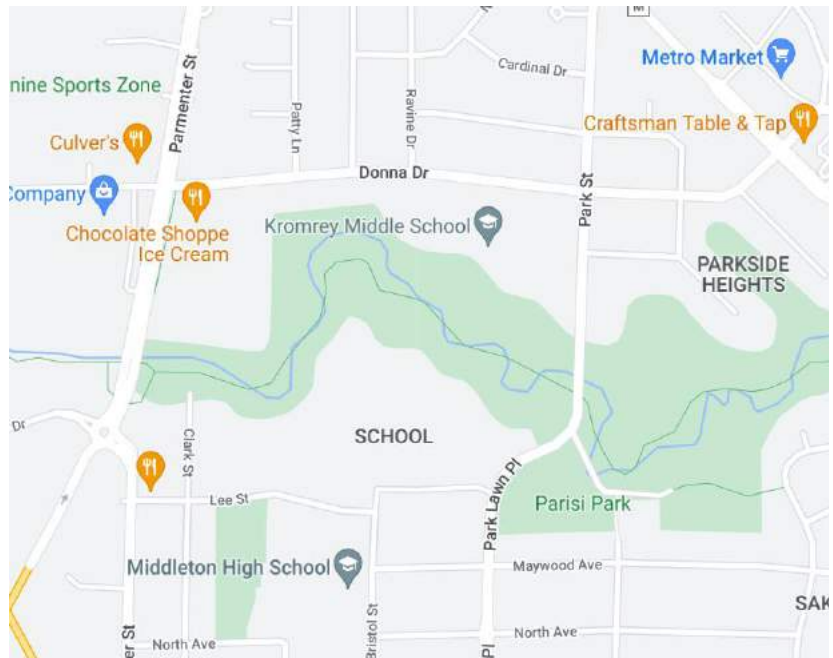
Through a generous gift from the Marlyn Arneson-Grinde estate, a memorial fund was established to support Vennelag Lodge youth who wish to attend Masse Moro, the 5th District's Heritage Camp. Please share this news with children, ages 9-15, in your family who qualify for assistance.



Stoughton Kubb Invitational - July 23, 2022

Stoughton, WI was the host city of the 2022 Stoughton Kubb Invitational, which took place on July 23 at John Nygaard Virgin Lake Park, 1901 Roby Road, in Stoughton. The Stoughton Kubb Club along with Sons of Norway Mandt Lodge 5-314 teamed-up to provide a full day of Kubb learning and play for any who were interested. There were 26 teams from all over the area, and this event was sponsored by King Oscar, so there were plenty of sardines available!

Plan now to be part of the **Middleton Good NeighborFest Parade** on **August 28**! This will be the last parade of the year, so let's have a good turnout. The float will be staged at Kromrey Middle School on Donna Drive between 10:30-10:45 AM, where you can park your cars. Participants will be returned to the same location. See the map below. Come into Middleton from US-12, exit onto Parmenter Street (exit 251B), turn right onto Donna Drive at the lights (across from Culver's). The school is 2 blocks down on the right. The parade starts at 12:00 PM and as usual, water and sandwiches will be provided. Dress for the weather in something appropriately Norsk!—President Watrud



Working at the bake sale table, I heard some good comments about our event. Several people were happy that we were able to host it this year since we couldn't the past couple of years. They liked our displays, table decorations, and overall set up. The Norwegian goodies and pies were a hit as usual.

We could have sold more lefse and people were happy when the kitchen crew brought more to the table. One man was very happy to get a "last package" of lefse. He took his purchases of krumkake, rosettes, and sandbakkels out to his car and came back in to check out something else! He was happy when he was able to get a second package of lefse. He said that he would be the big hit at his family reunion later that day when he arrived with his Norwegian treats! –**Anna Olson**

Also overheard on the serving floor was a comment about the troll roll lefse. One guest was speaking to another and asked, "Did you try one of the veggie rolls? They are amazing!"

The change to strawberry fruit soup was a plus, as was the addition of more cured lox for the open-face sandwiches. For the second time in recent history, we sold out of that item!

Several members were showcased in the *Mt. Horeb Mail* the next week. If you should bump into Matt Geiger from the paper, please thank him for the coverage.



Takk!

Takk så mye!

Tusen takk!

It is great to be a member of Vennelag Lodge where great ideas become reality! Each year, as we hold our traditional food events, I take some time to reflect on the contributions of our former members and acknowledge their efforts. Perhaps these individuals were members of your family or you knew them by association. For others, it is a time to reflect on the journeys of our families who came to America in search of a better life. Our food events give us the opportunity to remember and thank them for their vision. Now, we proudly exclaim, "Alt for Norge!"

To our members who helped in a myriad of ways, thank you for the needed food donations and your volunteerism which made our event a resounding success.

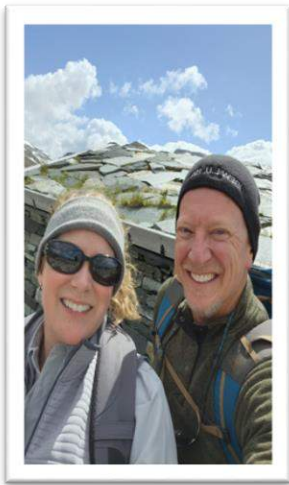


Jean and Cheryl

Beautiful Southern Norway

Coming from Norwegian heritage but also finding a living as a construction worker, for most of my life I hadn't thought that a Norway trip was something that I would ever be able to do. I thought that people like me (us) just didn't get to do those things; that those adventures were reserved for folks more well off or those with occupations that offered more free time perhaps. If I was ever to go to Norway, maybe it would be "later." It was our younger son that got us dreaming and then planning and then actually going. It took someone who hasn't had 35 years in the workforce to spur us to change our perspective and ask, "why not us?"

There's something for everyone in Norway. Oslo, Stavanger, Odda, Bergen, and Flam all had so much to offer that we could have never done everything that a person should in the time that we had, but we did our best! The Vigeland installation at Frogner and Holmenkollen Ski Area are both worth including Oslo in any Norway trip. While in Stavanger I had the tastiest meal of my life at Fisketorget and then worked it off hiking Kjerag and Preikestolen. Odda offers the spectacular vistas of Trolltunga. In Bergen there's the Fløibanen Funicular and the Ulriken Cable Car that take you to see the city from the heights. Of course, Flam has such breathtaking scenery with boat tours and zipline for added activities. Each place has its own amazing views, so much so that the constant beauty can almost be overwhelming. Even travel, whether by car, train, or boat is a joy with beautiful bridges, intriguing tunnels, and gorgeous waterfalls seemingly at every turn. All of this could fill many pages.



Erik and Kipalee Bakken, Summer 2022

I could never claim to know much about even one of the cities that we visited. My main hope in writing this is that if you haven't thought that Norway was something that you could do, maybe you might reconsider. We're not getting any younger.

Vennlig Hilsen,

Erik Bakken

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. Please notify Duane Kittleson of any address or email changes.

*You have the option of discontinuing the printed newsletter to receive the full-color email version. Find the newsletter: sonsofnorway5.com or Vennelag's website-sonsofnorwaymthoreb.org



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