



**SONS of
NORWAY**

Vennelag Lodge 5-513

Vennelag News

Sept/Okt 2024

Important dates to remember:

Lodge Meeting Dates: 6:30 pm start

Thursday September 26, 2024

Saturday October 26, 2024 Vesterheim outing

Thursday ****1 week ahead**** November 21, '24

Sunday December 1, 2024 –Jultrefest

January 19, 2025 – First Sunday afternoon

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

September 11, 2024

October 9, 2024

November 13, 2024

December 11, 2024

January 8, 2025

Mark your calendar dates –

Newsletter Articles Due October 1, 2024

Høst Frokost – October 4 & 5, 2024

Vesterheim journey –October 26, 2024

St. Lucia Day – December 6, 2024

JultreFest - December 8, 2024

National Sami Day - February 6, 2025

Syttende Mai –May 17, 2025

Hei, alle sammen...

It's hard to believe that by the time you read this, summer will be in its final weeks. Where did it go?

The picnic and Kaffe Stue were both well attended, and the Mallards game was a good time. Here's hoping that the August indoor kubb session went well, and that more members are ready to take on its challenges. I'd never heard of the game until joining Sons of Norway, and have now become a fan.

We've got an interesting program lined up for September, and are planning what promises to be a fun day trip to Vesterheim as the October meeting.

Won't you be part of them both? Any ideas for next year's programs are welcome, as the intent is to keep things fresh, interesting, relevant, and fun.

But two things of immediate and paramount concern are sustaining and increasing our membership appeal to younger members to take over the reins of leadership, and to have a smooth transition to a new leadership team that will incorporate those new program ideas. There's no question that it's a challenge, but is also very rewarding to see Vennelag Lodge remain strong and vibrant. Please give it some serious consideration.

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 insurance and financial products to our members.

September program:

“Contemporary Norway” by Jan M. Hansen Ph.D. Professor Emeritus Economics, UW Eau Claire

After exploring Norway’s history from the Viking Era to WWII, it’s time to look at modern Norway!

The program begins with Norway’s decision to distribute all the profits from its North Sea oil and gas fields to benefit the entire population. This started a series of innovations that spread from improving social welfare programs to renovating the social infrastructure.

The most evident changes are in architecture with the building of multipurpose public meeting places and exhibition halls and the construction of modern libraries, museums and concert halls. In addition to looking at architecture, we’ll take a brief look at what’s happening in the areas of health care, the economy, defense, senior services, and education all part of the contemporary scene in Norway.



October program:

We will **not be having an in person** meeting since we will throw all our presence/attendance towards the Host Frokost!!

BUT that doesn’t mean that we will not be meeting for a social gathering! We are working on the details for a trip to Vesterheim in Decorah IA. This means that we will party all the way to Decorah Iowa

to see what Vesterheim has in their collection. This may include special items that the curator never brings out or rarely exhibited items. Details are still being worked out so please let Allen know if you are interested in making the journey to Decorah IA on 10/26/24 or use the sign up sheet at the next meeting.

Vesterheim if you are not familiar is a Norwegian-American focused museum and Folk Art School located in Decorah Iowa that has 12 historic buildings of full of artifacts that are all Scandinavian or Norwegian in origin. Many of the pieces from the Little Norway collection were preserved at Vesterheim. If you would like to check them out prior to our travels use <https://vesterheim.org> and wander about to see what they have to offer the Norwegian-American community.



Speaking of Host Frokost we need your hands!!! Rita will be talking at the next few Lodge meetings and will have sign-up sheets about what we'll be needing for the breakfast. Please consider putting yourself on the sheet for food donations and/or working on the day. Like we keep saying – Many hands make light work.

We will need hands to set up on the Friday(October 4) before the event to set up tables and getting the tables covered. Then we'll need people to make our delicious specialties that we get many requests for like krumkake or heart waffles just to name a couple. Not to mention on October 5 we will need many hands to make our event a success. If you can't make it can you talk to your family members to see if they would be willing to spend a few hours with the Norskies? Also if you still want to support the event but are not able Anna Olson our Treasurer will take your donation to use against the items that we have to purchase.



Frokost Lefse DAYS!!!

Rita will be convening the Lefse crew Sept 13 and Sept 14 starting at 8:30 am each day at the ELC Church in Mount Horeb.

Remember that we must have the sticker/placard visible from your front windshield indicating your car is for the ELC church. If you need one let Rita know.

Need workers for Frokost day and donations –we will be using a combination of SignUp Genius and paper.

-Note that if you don't sign up and use SignUp Genius on your own e-mail, you may not be receiving a reminder of all the items you are donating or what you signed up to work for that day.

Congratulations!!!!



On May 22, the Vennelag Lodge was pleased to present Lauren Albrecht with the 2023-2024 SON Scholarship. For over 2 years, Lauren has played the piano for our Lodge meetings as we sing the Canadian National Anthem, the Star-Spangled Banner and the Norwegian National Anthem. We appreciate her talent at playing the piano.

Lauren is a National Honor Society member, a National Art Honors student. She also has been a chamber singer, band member, choir member, orchestra member, Fiddle band member, and jazz band member. She has been very active volunteering at her church and in the Mt. Horeb community. These are all important components of the Sons Of Norway-Vennelag scholarship application. Lauren's plan is to go to the University of Wisconsin La Crosse, where she will major in healthcare with a focus on sonography.

Gratulerer og like til, Lauren!



Syttende Mai paparazzi submitted these photos from this year featuring a Skjervem family in each of the photos.



The Bunads at the May Lodge meeting



Fixing the sail after a parade



Lefse Makers for Kaffe Stue:



Rita with the World's largest Lefse bubble



Meatball makers for Kaffe Stue



2024 Sons of Norway District Convention Report

The District Convention was a huge success! Many networking opportunities and friends made or renewed during those times. And there were so many cookies consumed!!!

The information that comes out of the Convention in Indianapolis is that \$1 of every members' due will be marked to go to Masse Moro. There will be a task group set up to see if there is more to be done to help this camp gain campers. During the Convention we had many presentations or speakers to talk about the future of Sons of Norway. Finally in this quick report for the 2026 Convention Mandt lodge of Stoughton will be hosting. This means that while we are not the host Lodge we may be called on to help or support Mandt in hosting the Convention.

Also we were reminded of the many benefits that we are able to take advantage of since we are Sons of Norway members which is included in this edition of the newsletter.



The new District 5 Board being sworn in by Duane Kittleson and Robyn Fossum.



Newly minted District President Cheryl Wille-Schlesser



International Directors, District President and CEO



Lodge Delegates with District President and International Director





Sons of Norway Membership Benefits you should try! Learn more when you log on to the website. Not sure how to do that? Watch this video! <https://youtu.be/4q-7Mxuwv5Q?si=BNqdhKdlv2V687DT>

Member Discounts-<https://www.sofn.com/member-benefits/member-discounts/>

- **PerkSpot** By visiting Sons of Norway's exclusive PerkSpot portal you can start saving today on products and services, like travel, clothing, food, entertainment and electronics. But that's not all! Every month new discounts are added to enhance the benefit and, once you create your account, the discounts you see will be tailored to the area in which you live!
- **Films of Norway**- Films of Norway is an internet streaming service with a wide variety of Norwegian movies and TV series offered through a budget-friendly monthly or annual subscription. Watching these programs is a fun way to learn about Norwegian culture and improve your Norwegian language skills. **Sons of Norway members worldwide are entitled to 1 free week and 25% off** the regular monthly or annual subscription rate.
- **Avis and Budget Car Rental**- Members receive a 30% discount at participating locations worldwide.
- **Best Western Hotel**- Members receive a discount of up to 10% at any of Best Western's 3,400 hotels in the United States, Canada, and select properties in Scandinavia.
- **Radisson Hotels**- Members qualify for 5% off the regular rate at Radisson Blu, Radisson®, Country Inns & Suites By CarlsonSM, Park Inn by Radisson, and Park Plaza® hotels.
- **Norwegian Map Service**- Sons of Norway Map Service offers members and nonmembers access to a variety of maps. Genealogists, travelers, and map lovers have discovered this handy mail-order method of obtaining maps. All maps are produced by Statens kartverk, the official mapping authority for the Norwegian Government.



Programming Benefits to check out- You also need to log in!
https://www.sofn.com/member_resources/cultural_programming/

- Recipe Box- Tickle your taste buds with one of our featured recipes or just find a new favorite!
- **Just for Kids-** Getting our youth engaged in Norwegian heritage and interested in all of its cultural aspects is a mission that always inspires us.
- **Norwegian in 5 Minutes a Month, with Sound!** Our monthly language lesson has been out for a while now, and many of you have let us know that it is working well.
- **Norwegian for Reading Comprehension-** Learning Norwegian is never easy, however, especially for adult learners who may not have access to university extension programs.
- **Cultural Skills Program-** Downloadable pdfs provide a framework for learning about traditional and contemporary Norwegian cultural skills, including rosemaling, folk dancing, cooking and literature.
- **Genealogy-** Get in touch with your Norwegian heritage
- **Christmas Traditions-** Learn more about Norway's captivating Christmas customs.
- **Sports Medal Program-** Sports Medal program for maintaining an active life.
- **Viking Magazine-** Browse current and archived issues.
- **Idea Bank-** Strong programming is a key to success for lodges.
- **Information Bank-** What exactly is a bunad and how did it come to be Norway's national costume? What is Syttende Mai and how is it celebrated today? What are some of the most popular Norwegian names, and what do they mean?

Take me out to the ballgame...

It was a beautiful night on July 25th for a baseball game. A group of Lodge members went to watch the Madison Mallards play ball. We enjoyed a brat or a burger before the game. We relished watching the Mallard's dog perform his "bat dance" routine each time he retrieved the bat after a Mallard's hit. The group adored watching the sausage race, the kids running bases, the ice cream, and seeing Uncle Rico from "Napoleon Dynamite" and the camaraderie of each other.

Even though the score didn't go as we had hoped, it was a FUN night.



Mange Takks from Gayle Anderson

2C White Chocolate chips

2/3C Dried Cranberries

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2/3C Cashews

In Microwave, melt the chips, until smooth. Stir in the Cranberries & Cashews into the melted chips. Drop by teaspoons on waxed or parchment paper on a cookie sheet. Let stand until set, store in an air tight container.

****These delicious treats were featured during our Lefse Days in June.****

Study Finds Song is a Universal Language

A new American study claims that we can recognize a lullaby, no matter what culture the song is from. After testing people from over 60 countries, two researchers claim that songs and music are a universal language.

They think we can hear the difference between a song meant for dancing and one meant to put a small child to sleep. This applies regardless of which culture the songs come from, and which culture the listener was brought up in.

“We show that our common psyche creates basic patterns in songs that transcend large cultural differences,” says Manvir Singh, doctoral fellow at Harvard University, in a press release. He is one of the two researchers behind the music study, which has been published in the journal Current Biology.

Distinguishing Dance Songs from Lullabies

The Harvard researchers have done an experiment in which songs in different languages from all parts of the world were divided into categories based on how they were used in their own society. If the song was used for dancing in the community where it was sung, it belonged in the dance category. They also created separate categories for songs that were to be used in healing rituals, such as lullabies for a troubled child or pure love songs.

The researchers cut 14-second snippets from the songs and tasked 750 internet users with putting them into the correct category. Although there were only four real options, the subjects were given several to choose from. The researchers had entered two trick categories, which allowed the internet users to claim that the songs were mourning songs or just telling a story.

Despite the deception, the subjects did quite well. It was easiest to recognize dance music, but the subjects were also able to recognize lullabies and healing songs.

Suksessterte med Sjokolade og Appelsin (Success Cake with Chocolate and Orange)

Source: [Living a Nordic Life](#)

Serves 12

Ingredients:**For the base:**

4 egg whites

150 g / 5.3 oz. icing sugar or powdered sugar

150 g / 5.3 oz. chopped almonds, but not ground. Leave the skins on because it gives the tart its characteristic color and texture

1/2 tsp. baking powder

90 g / 3 oz. chopped chocolate or chocolate chips

For the topping:

100 ml / 3.5 fl. oz. double or heavy cream

125 g / 4 oz. sugar

4 egg yolks

150 g / 5.3 oz. butter, at room temperature

Grated rind of 1 orange

To decorate:

A little melted chocolate OR Thin strips of orange peel or go crazy with some chocolate mini eggs, sprinkles or whatever takes your fancy!

Method:

Preheat the oven to 160°C / 320°F. Line the bottom of a 25 cm (about 10 inch) diameter springform cake pan with a circle of baking or greaseproof paper. There is no need to grease the tin.

Whisk the egg whites until they form stiff peaks. Sift the icing sugar and baking powder together and stir in the almonds and chocolate. Carefully fold this into the whipped egg white, taking care not to knock out too much air. Pour into the prepared cake tin and smooth the top. Bake in the center of the preheated oven for about 30 minutes. When it's cooked it'll be a nice rich golden brown and rebound slightly to a light touch. Remove from the oven and let cool completely before even attempting to remove springform. Once cooled, run a blunt knife around the inside of the tin to loosen the cake. Place a plate on the top and tip the pan upside down. Lift the tin off and carefully peel off the baking paper. Place a serving plate on top of the cake and tip it back so it is the right way up. Wash the ring part of the cake and slip it back over the cake to form a ring. Don't worry if you don't have a springform pan, simply make a ring shape from some foil and shape it around your cake to form a "wall."

To prepare the topping, put the cream, sugar and egg yolks into a pan and cook slowly over a low to medium heat stirring constantly. The mixture will gradually thicken and turn less opaque. You really do need to stir all the time or it will split. Try not to boil the mixture. It will take about 5 minutes. Stir in the grated orange rind. Allow it cool for a minute or two before stirring in the butter a cube at a time. You will end up with a smooth, rich and shiny topping that is a beautiful golden color. Pour the topping over the cake and gently tease it to the edges. Put it in the fridge to cool and set for a couple of hours. When it's set, you can carefully remove the tin or foil from around it.

Decorate with melted chocolate and orange peel or however you like!

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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.

