



Vennelag Lodge 5-513

Vennelag News

September &
Oktober 2025

Important dates to remember:

Lodge Meeting Dates: 6:30 pm start

September 25, 2025

October 16, 2025 ** new date

November 20, 2025** a week earlier

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 10, 2025

October 8, 2025

November 12, 2025

Mark your calendar dates –

September 18 & 19, 2025 –Lefse baking

October 3-4, 2025 – Frokhost

October 9, 2025 – Lief Erikson day

October 3-5, 2025 – Sloopers Celebration

December 6, 2025 – Independence Day (Finland)

December 7, 2025 -Jultrefest

February 6, 2026 –National Sami Day (Norway)

THANK YOU from Allen Watrud

I'd like to take this time to thank each and every one of you for your support, hard work, encouragement, and friendship for the last 5+ years when I was honored to serve as your President.

We had a lot of fun and laughs, good road trips, made a lot of lefse, and were in a lot of parades. There were a few challenges along the way such as Covid, but we persevered. I know that you'll support Steve Frame in the same way you supported me. I'd like to offer my thanks to Steve for stepping up to assume this role, and his wife Jane for encouraging him to do so.

Your lodge is in good hands, so please continue to do what you do.....



The mission of Sons of Norway is to provide quality insurance and financial products to our members, promote and preserve the heritage and culture of Norway, and celebrate our relationship with other Nordic Countries.

September Presentation will be from Scott Mellor, Ph.D of the Department of German, Nordic and Slavic in the UW –Madison.



Professor Mellor began his career with Historical Scandinavian Linguistics which morphed into a general interest in medieval Scandinavia. He is now finished his dissertation on the transition from oral traditions to written form in Scandinavia which is titled *Function and Formulas: An Analysis of Ten Poems from the Codex Regius*. Currently Professor Mellor is researching the Oral Theory and the Volsunga Saga, the Romantic era flower language and the “The Little Mermaid” of Hans Christian Andersen. Also he has worked to create several distance education courses for the University of Wisconsin – Milwaukee. Noteworthy as well is that the Department of Scandinavian Studies that is Professor Mellor’s department within the UW – Madison is the oldest Scandinavian Studies in the United States, throughout its history the offerings have been a veritable cornucopia of literature, linguistics/language and culture to name just a few that are focused on the Scandinavian and Nordic nations.

Join us at the September Lodge meeting to enjoy the near limitless knowledge of Scandinavian that he possesses and the many wonderful stories of his travels.

Source – UW-Madison – German, Nordic and Slavic department page
Photo credit also UW-Madison

LEFSE MAKING SIGN-UP

We will be making lefse for the Frøkost in September & we need your help!

HELP IS NEEDED AT THE ELC CHURCH, MT HOREB ON THURSDAY SEPTEMBER 18 & FRIDAY, SEPTEMBER 19 FROM **9 AM TO 4 PM** TO MAKE LEFSE.

We will be working with 100 pounds of potatoes or so, and we will need a lot of peelers then the more rollers and bakers we have, the quicker this process will be, also if you have a peeler please bring that along.

If you can help make lefse, we encourage you to come and help us. We need people who can roll, flip, cool, and package the lefse. If you have your equipment: griddles, sticks, or rolling pins, please do not hesitate bring them.

We will take a lunch break part-way through the day. Sandwiches, plates, napkins, silverware and beverages will be provided. If you want to bring items for lunch, that would be welcome. There will be plenty of coffee provided.

Please contact Rita Schraepfer at 608-220-7565 or email her at rsderke@gmail.com and let her know if you can help. This will be a two-day project, so please indicate which day(s) you can help. Please use the doors in the rear of the church and park in the red stalls only, which require a parking pass so pack yours in your bag. If you need a parking pass for the ELC Church parking lot please contact Rita Schraepfer for one.

THANK YOU!

REMEMEBER- **THURSDAY SEPT, 18 & FRIDAY, SEPT 19** so watch for the signup sheet at upcoming Lodge meetings.

Our October Lodge meeting will feature a presentation from Eric Dregni and it will be October 16, 2025. He will be on tour talking about the ship "Restauration" in the form of his presentation *Vikings in the Attic* which is about the Scandinavian experience/history that they have in the US.

Eric Dregni is an author that we enjoy having back to our Lodge because there are so many topics that his books like *Let's Go Fishing!*, *For the Love of Cod: A Father and Son's Search for Norwegian Happiness* cover that are so unique to the Scandinavian culture like the fascinating concepts that have migrated with our Norwegian ancestors to the right quirky ones that have persisted into the current generations. He has also detailed the key aspects of Norwegian culture which include the attitude of environmental conservatism and sense of national unity.



While we only have him for the one night please take a gander at some of his books that the University of Minnesota has published <https://www.upress.umn.edu/search-grid/?keyword=dregni> or where ever you pick up your next read.

Photo credit to Concordia University
Source credit to Viking June 2021



our

SONS of Norway Foundation month is also happening at the October Lodge Meeting. It is my privilege to share that our 2025 Sons of Norway Foundation Campaign "We are the Future" will begin in October! Thank you to everyone who has supported our Vennelag Lodge Campaign over the past few years. Happily we have met or exceeded our annual goals due to your efforts in providing the funds to support its mission and purpose. Our Vennelag lodge has been the recipient of many grants provided by the International Foundation through scholarships and funding community programs which ultimately celebrate Norwegian heritage and culture.

Your generosity to the Foundation in 2025 is truly appreciated, so look for our upcoming communications prior to our October Campaign!

--Harley Skjervem
Vennelag News

Sept./Okt. 2025

Page 3



Parade goers feasted their eyes on our float for the Summer Frolic parade.

Vennelag's 22nd Annual Høst Frøkost (Norwegian Breakfast)

The Høst Frøkost will be October 4, 2025 will be serving from 7:30 AM to 11:00 AM at the Mt Horeb Community Center. This event gives us the opportunity to share our Norwegian culture and heritage while also being a fundraiser for Vennelag.

The planned menu consists of heart waffles with lingonberries, soft and hard boiled eggs, lefse, bread varieties, ham, beef, salami, cheeses, herring, smoked salmon, fresh fruit, coffee, and Norwegian cookies and cakes and don't forget the rømmegrøt!

The price is \$15 for adults and \$10 for 12 - 7 years, no charge for 6 & under. We are looking for volunteers for the following beginning on Friday, October 3 at 2:00 pm. Help needed on Friday is for setting up tables, chairs, etc. Also help is needed in the kitchen for prep work and organizing the bake sale. Help is especially needed early Saturday morning (6:30 am - 7:00 AM at the latest) as well as during the event. There will be clean up from 11 AM to 12 noon extra hands are very much encouraged, as we will need help cleaning up. Food donations are welcome Friday after 2:30 – 3:30 pm or by 7:00 am on Saturday, October 4. Thank you for any help you can give.

We need the following food items: applesauce, fry cakes, kringle, krumkake, lefse, rosettes, almond cake and sandbakkles. We also have a bake sale, so any goodies, Norwegian or not, would be welcome. Søm Suppe is welcome but we are using just one recipe. Please contact Rita for the recipe for søt suppe, if you want to donate søt suppe.

If you are unable to help or donate any of the items listed above, a cash donation of \$20 per member would be appreciated. Those donations are used to buy items such as cheeses, meats, and salmon. Mail checks, payable to Vennelag 513, to Anna Olson, 2200 Olson Rd, Dodgeville, WI 53533-9292.

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

To get you in the spirit of Fall

Lapskaus Soup

Barb Johnson, Polar Star Lodge 5-472

Ingredients:

1.5 pounds of chuck roast
3/4 pound carrots
one celery root
3/4 cut rutabagas
1 small leek
1 small onion
2 large parsnips
3 cups broth
salt and pepper



How to make:

Use boiled or baked meat, fresh, salted or a mixture. Cut meat into even pieces and set aside. Wash and peel carrots, celery root and rutabagas, and dice. In soup pot, bring broth to a boil and add vegetables. Cook 15 minutes. Peel and dice potatoes. Cut leeks lengthwise and wash thoroughly and slice, add peeled sliced onion and potatoes to pot. Cook until almost tender. Add meat and leftover gravy. Salt and pepper to taste. Meat, vegetables and potatoes should be tender but not mushy. Stir while cooking.

The Restauration Sails Away

By Luella Grangaard, International Board Chair

I was invited by District 8 Sons of Norway to participate in events commemorating 200 years since the initial launch of the Restauration in Stavanger, Norway July 3 & 4.

Many people in Norway participated in these events, including three generations of the Royal Family, dignitaries, politicians, Sons of Norway members and members of the public, who gathered to commemorate 200 years of organized migration to North America and to wish a safe passage to the crew of the Restauration. We also celebrated the strong ties between Norway and North America.

In Stavanger I was warmly received and hosted by members from District 8, Ryfylke Lodge and Eilert Lunde the lodge president and coordinator of Crossings 200 representing Sons of Norway in the Stavanger area. I sincerely appreciate everything they did to help plan my trip and guide me to each event. Fraternal Manager Jana Velo was also able to attend and photograph the events, as a representative of *Viking* magazine.

While in Stavanger, I had a chance to visit Sverd i Fjell (the three swords in the rock), the Maritime Museum where they had a display of the Restauration and Ledaal, the Kings residence. I enjoyed a visit and dinner with Eilert Lunde's family and board members of Ryfylke Lodge. I met over 60 members of Sons of Norway from various lodges in the area and enjoyed lunch with them. From there we went to Fiskepiren, the pier where the Restauration was docked to receive gifts from various organizations, including Sons of Norway Foundation. I presented a check on behalf of the Foundation and was able to say a few words on behalf of Sons of Norway and the Sons of Norway Foundation on the boat. That evening there was a celebration of the migration

with a program and meal. At this event they tried to recreate the foods of 1825 including bread made on the ship with Madeira wine from a cask found floating in the Atlantic by the crew of the original Restauration.

The big day—the 4th of July—I was able to attend a service at the Domkirke (Stavanger Cathedral) with Eilert Lunde. There I was able to see the King, Queen, Crown Prince and Princess and the Princess and Prince. It was a lovely service. We then proceeded to the harbor to see the Restauration waiting to start its journey. Jana, Eilert and I boarded a ferry to Randaberg. From the ferry we again saw the whole Royal Family board small boats to take them to the Royal yacht, *Norge*. The ferry along with the Royal yacht and many, many boats escorted the Restauration out of the harbor. Even Eilert's son and grandchildren followed in their boat waving Norwegian flags. It was an amazing sight.

At Randaberg we docked and were met by the mayor, walked a red carpet and were part of the group including US consuls for Norway. We watched the Restauration once again dock, and ministers of Norway disembarked from the ship and I met the Minister of the Environment and the Stavanger Tourism representative. There was a beautiful locally sourced lunch. Then we were off to the concert hall for exhibits including Sons of Norway, music and later a musical program on the migration.

What an honor it was to represent Sons of Norway and to participate in all these events. It was an amazing opportunity. I can't wait to see the United States welcome the Restauration on October 9th in New York. This event is so important to all of us who have a connection to Norway on both sides of the Atlantic. I hope each of you have an opportunity to attend an event whether at your lodge, online or—better yet—for those in the U.S., attend one of the welcoming events for the Restauration and be a part of history.

A New Chapter for the Sons of Norway Log Cabin: Honoring the Past, Building the Future

By Arlene Watrud Krueger

In the heart of Blanchardville, the Sons of Norway Log Cabin has long stood as a powerful symbol of Norwegian heritage and community spirit. Since its construction in the summer of 1933, the cabin has served as a gathering place, a cultural touchstone, and a living memorial to the perseverance of the early Norwegian settlers who called this part of Wisconsin home.

Now, over 90 years later, the story of the cabin enters a new chapter.

A Historic Move, A Shared Commitment



Earlier this year, with the support of our members and the broader community, the Sons of Norway Log Cabin was carefully relocated from its original site on the hill in McKellar Park to a new location—one that ensures greater visibility, accessibility, and long-term preservation. This was no small undertaking. It required meticulous planning, skilled labor, and most

importantly, the generosity and dedication of those who understand the cabin's historical and emotional value.

We are proud to report that contributions from Vennelag Lodge members and friends of the Lodge played a crucial role in making this move possible. Your donations helped fund the structural stabilization, transportation, and site preparation for the new home of the cabin. Thank you for your belief in this project and in the lasting importance of preserving our Norwegian story.

Preservation with Purpose: Looking Ahead

While the cabin now rests safely in its new setting, the work of preservation is far from complete. Like any structure nearing its centennial, the log cabin bears the marks of time. One urgent



priority is to replace the roof, which has weathered many Wisconsin seasons. In keeping with the commitment to authenticity, the plan now is to restore the roof using the same kind of cedar shake shingles that were original to the cabin.

What Comes Next: A Call to Stewardship

The relocation of the log cabin marks not an ending, but a renewal—a chance to recommit ourselves to the principles of fellowship, cultural preservation, and shared history.

As we embark on this next phase of restoration, we invite our members and friends to continue supporting this meaningful work. Whether through financial contributions, volunteer labor, or simply by sharing stories and memories, your involvement ensures that the Sons of Norway Log Cabin will continue to inspire future generations.

We are exploring future uses for the cabin that honor both its historic role and its potential as a living cultural space—perhaps as a venue for small programs, educational tours, or 17th of May celebrations. Whatever form it takes, the heart of the cabin will remain the same: a place where our collective history is remembered, and where our heritage lives on.

We thank you—each of you—for your continued support, vision, and dedication. Together, we carry the legacy forward.



Our donation going to the Village of Mt. Horeb which will be used to offset part of the painting to the Community Center that we use as our main meeting location.

Kaffe Stue crew in the tent



Kaffe Stue step up



The Mallard's viewing crew having a blast with the great weather for the game.





More Mallard fun



Norway bans marketing of unhealthy foods to children

As of April 25, 2025, a new regulation went into effect in Norway. This regulation implemented by the Norwegian government prohibits the marketing of food and drink considered unhealthy directly aimed at children.



The goal of the regulation is to protect children up to the age of 18 and while it will still be legal for children to purchase such products, the marketing of those products will be illegal.

Unhealthier products such as energy drinks, ice cream, and candy are part of the ban, but there are other products where the nutritional content will dictate if it's banned for marketing or not, for example, different kinds of cereal.

Minister of Health and Care Services Jan Christian Vestre said, "We are committed to ensure good health for children and youth and that it should be easy to make good choices in everyday life. The government is implementing this measure because we are committed to protect our children and their health."

Although the regulation went into effect in April, the industry will receive six months to adapt to it.



Ron Goplin leading the group of Ukulele performers from earlier this year

*****If you don't read Norwegian don't worry about it, there is a translation that follows, but if you are trying to keep up with your reading skills in the Norwegian language here is a little bit to whet your appetite.

Husker du potetferien?

Høstferien ble tidligere kalt potetferie. Den ble innført som et tiltak for at skolebarn og -ungdom skulle hjelpe til med innhøstingen av poteter.

I 1940 var det matmangel og poteten ble redningen mot hungersnøden for mange. Over hele Oslo ble bylandskapet endret. Parker og hager ble gjort om til potetåkrer. Denne filmen fra Gladttvet film viser byungdom utkommandert til å bidra i innhøstingen.

Har du plukket poteter i høstferien?

I år er igjen blitt populært å dyrke egne poteter, men vet du hvordan de best tas vare på i vinter? Denne filmen fra 1940 kommer med mange tips om oppbevaring av poteter og hva du kan bruke de til. Her får du oppskrift på frokostbrød og potetkaker samt praktiske tips som hvordan du kan lage din egen dampkoker. Visste du at man også kan lage pålegg til brødiskivene ved hjelp av poteter?

Poteten kan dyrkes overalt i Norge. Den trives langt mot nord under snøkledde fjell, i barskt kystklima og i brede innlandsbydger. Når poteten tas opp om høsten, blir den sortert først ute på jordet. De minste og de skadede potetene går til dyrefôr.

https://www.nrk.no/video/potetferie-i-1983_126140

TRANSLATION

Do you remember Potato Break?

Fall break used to be called Potato Break. It was introduced as a measure for school children and youth to help out with the potato harvest.



In 1940 there was a food shortage and the potato became the savior from hunger for many. All over Oslo the city landscape was changed. Parks and gardens were converted into potato fields. This film from Gladttvet shows urban youth assigned to take part in the harvest. Have you picked potatoes in fall break?

This year it has again become popular to grow your own potatoes, but do you know how they are best taken care of in the winter? This film from 1940 provides many tips on storing potatoes and how to use them. Here you have the recipe for breakfast bread and potato cakes along with practical tips on how to make your own steam cooker. Did you know that you can also make sandwich toppings with the help of potatoes?

Potatoes can be grown all over Norway. They thrive in the far north under snow-capped mountains, in the rough coastal climate and in broad inland villages. When potatoes are plucked/ picked in the fall, they are first sorted on the ground/in the field. The smallest and most damaged are made into livestock feed.

Casey Fitzrandolf explaining a speed skating shoe during a recent Lodge meeting



How Oslo Got Its Name

The capital of Norway—Oslo—is one of the easier names to pronounce in the list of Norwegian cities. However, Oslo hasn't always been its name. In fact, it has taken on a few different names throughout history. Originally, the name was Ánslo or Áslo around the year 1040. It is believed that the second part of the name, 'lo', meant "meadow" and the first part of the word, 'Ás' meant "hill" or "ridge", which makes the entire name translate to "meadow beneath the ridge." In 1314, when the city officially became the capital, the spelling transitioned to what we know today: Oslo (pronounced "ooh-shloo") However, when the city burned down in 1624 and plans were discussed to rebuild, King Christian VI of Denmark and Norway decided the new city would take his name and become Christiania. With the language reform movement that followed in the next few centuries, the city was then spelled with a K, becoming Kristiania. Finally, around 1924, the city went back to its roots and was officially renamed Oslo, which stemmed from some of the eastern parts of the city being referred to as "Oslo" in maps at the time.

Northern Lights Museum Display

The Northern Lights have long been an awe-inspiring sight to the eyes. You are considered lucky, if you've had the chance to see them in person. Fortunately, those of us who haven't been so lucky can still enjoy the phenomenon through photos. However, the journey to capturing the aurora borealis hasn't been an easy one.

Some of the first attempts to capture the Northern Lights were just sketches by scientist and Danish-born teacher, Peter Tromholt, as photographic plates weren't sensitive enough to capture them. These images were on display at the Polar Museum at the Scott Polar Research Institute in Cambridge, England this February.

In 1882, Tromholt spent a year in Kautokeino, Norway, where he lived amongst Sámi people and completed his sketches. He became known to some as the "star man." Tromholt is considered a pioneer in this subject and is praised for his research contributions.

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*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.