

Important dates to remember:

Lodge Meeting Dates: 6:30 - pm start

September 24, 2026

October 29, 2026

November 19, 2026

December ****JultreFest****

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.

Planning/Business Meeting Dates: 6:30pm at Culver's restaurant in Mt. Horeb

September 9, 2026

October 14, 2026

November 11, 2026

December 9, 2026

Mark your calendar dates –

September 17 & 18, 2026 - Lefse Baking for
October 2 to 3, 2026 - Frokost ←

October 9, 2026 – Lief Erikson day

November 7, 2026 – Baking Workshop

December 6, 2026 – Independence Day (FIN)

January 5, 2027 – Twelfth Night (SWE)

February 6, 2027 - National Sami Day (NOR)

Abbreviations for the Nordic Countries:

Denmark – DNK; Finland – FIN; Iceland – ISL;

Norway – NOR; Sweden - SWE

Hei, alle sammen...

During the lull times at the recent Art Fair and SoN food sale tent, a lot of ideas and suggestions were discussed concerning our overall activities. One relevant issue concerns the relationship between the Board meeting and the Lodge meeting. Your two co-Presidents discussed this, and are proposing changes to clarify things, at least for the last few months of our terms.

We propose a reminder that ALL members are welcome to join the Board meetings so that there is ample availability for everyone to have a voice in running our Lodge. The first step will be to send the agenda to the entire membership a week prior to the meeting, so each member can decide if he/she has something of interest to discuss.

We realize that there are a lot of good and fresh ideas out there, and we need to hear them.

We don't wish to operate under the WADITWA methodology (We've Always Done It That Way Method), and want to hear from you all.

Takk så mye! Harley and Allen



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 Program:

The Wauna-Strummers of Waunakee and Prairie-Strummers of Sun Prairie are ukulele enthusiasts who gather weekly to sing and play their instruments. The two clubs combined have over 150 members on their mailing lists, and usually have between 30 and 50 strummers attending each of their weekly sessions. They share their talents often with many different venues, from Salvation Army Bell Ringing, to assisted living facilities, Friday Night Fish Fries, and various community activities. Many of the members are retirees who have only started playing ukulele in the last few years.

We look forward to sharing some familiar tunes with Vennelag Lodge on September, 24, 2026.



Oktober Program:

Due to circumstances the scheduled talk has been postponed. Please keep eye out for updates at a later date.

Sons of Norway is going paperless –

Beginning September 1, membership cards will no longer be mailed for annual renewals. Members can print off their card from the website under their profile or save a digital copy to your phone to show proof of membership.

This change is being made due to the ongoing rising costs of postage and our desire to continue to be good stewards of our resources. You are encouraged to create a profile so that you can access the digital card and print from your computer.

Spend the Night in a Lighthouse

It is no secret that Norway offers a multitude of unique experiences and adventures. Perhaps one of the rarer experiences is to book a night in a Norwegian lighthouse.

Norway has 60 lighthouses that offer accommodations along its coast. Imagine falling asleep to the sound of waves crashing against the rocks or the lull of boats passing by. Most lighthouses in Norway are owned by the government and are operated by local groups who use them for tours, visits, and stays.

Some of the lighthouses available for booking include: Høyeværde lighthouse near Karmøy, Molja lighthouse in the center of Ålesund, or the Lofoten lighthouse. They range in aesthetics from basic to cozy, or even luxurious. Some of them can even be booked in the winter!

If an overnight sounds too daunting, there is ample opportunity to do a day trip to visit lighthouses containing cafés or art galleries. Check out Visitnorway.com for a map of these lighthouses. This would definitely be a bucket list item!

The Norwegian Version of French Toast

Try this hearty, delicious version of French toast for breakfast or lunch. You can't go wrong!

Makes 2 servings

Ingredients:

- 3 slices of bread
- 2 eggs
- 2 Tbsp. sugar
- 1.5 dl milk
- 1 tsp. ground cardamom
- 1 tsp. ground cinnamon
- 2 Tbsp. butter for frying
- 1 orange
- 4 Tbsp. sour cream
- 4 Tbsp. blueberry jam
- 1 Tbsp. liquid honey

Directions:

Beat together eggs, milk and sugar in a shallow type dish like a pie plate.

Add cinnamon, cardamom and the zest of an orange. Stir well.

Dip the bread slices in the mixture and fry in butter over medium heat until golden brown.

Cut the orange segments out of the orange and cut into smaller cubes.

Serve warm with diced apples, liquid honey, a good dollop of sour cream and freshly made blueberry jam.

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.



TRANSLATION

50-øringens ferd fra et måltid til en halv plastpose

Siden den første 50-øringen (da av sølv) ble laget i 1877 har hundrevis av millioner av slike mynter sirkulert i norske hjem og butikker. Men 135 år senere [i 2012] er det stopp. 50-øringen som har levd i 10 forskjellige hovedversjoner, skal ikke lenger kunne brukes til å betale med.

I fjor [i 2011] ble det bestemt at etter 1. mai er 1-kronen det minst verdifulle lovlige kontant-betalingsmiddelet i Norge. Da blir det bare Norges Bank som vil ta imot de små brune myntene.

Mett for 50 øre

Folk som har levd litt kan nok huske at de fikk ganske mye godteri for 50 øre for noen tiår tilbake. Men på begynnelsen av 1900-tallet kunne folk lage seg et helt måltid for femtiøringen — noe som nok var greit siden mange hadde en timelønn som ikke oversteg 50 øre.

— Sirkulerer ikke lenger

Trond Eklund, direktør for kontante betalingsmidler i Norges bank, forklarer hvorfor 50-øringen, som har blitt produsert på Kongsberg, snart skal dø.

- Årsaken er at den ikke lenger sirkulerer. Vi sender hvert år ut 15 til 20 millioner 50-øringer. Butikken gir tilbake veksel, men kundene legger dem til side eller putter dem på et syltetøyglass, sier han.

De siste årene har 50-øringer for opp mot 10 millioner kroner i verdi blitt sendt ut av Norges Bank, men nå er det slutt.

Så nå får 50-øringen samme skjebne som 25-øringen(1982), 10-øringen(1991), 5-øringen(1982), 2-øringen (1973) og 1-øringen (1973).

Dette kunne du kjøpe for 50 øre:

2012: ingenting (en halv plastpose) 90-tallet: En Bugg-tyggis 1968: En halv kilo poteter

1948: Det første Donald-bladet

1930: Tre trikkebilletter i Oslo

1900: 3 liter melk

TRANSLATION

The 50-øre's journey from a meal to half a plastic bag

Since the first 50-øre coin (then made of silver) was minted in 1877, hundreds of millions of such coins have circulated in Norwegian homes and shops. But 135 years later [in 2012], this has stopped. The 50-øre coin, which has existed in 10 different versions, will no longer be able to be used for payment.

Last year [in 2011], it was decided that after May 1, the 1-krone will be the least valued legal tender in Norway. Then, only Norges Bank will accept the little brown coins.

Filled up on 50 øre

People who have lived a little may remember that they could get quite a lot of candy for 50 øre a few decades ago. However, in the early 20th century people could make themselves a whole meal for fifty øre — which was probably fine, since many had an hourly wage that did not exceed 50 øre.

No longer in circulation

Trond Eklund, Director of Cash Payments at Norges Bank, explains why the 50-øre coin, which was produced at Kongsberg, will soon die.

“The reason is that it is no longer in circulation. We issue 15 to 20 million 50-øre coins each year. The shop returns the change, but the customers put them aside or put them in a jelly jar,” he says.

In recent years, 50-øre coins worth up to 10 million kroner have been issued by Norges Bank, but that is no longer the case. Inflation is the reason why the coins are slowly but surely dying out.

So now the 50-øre coin will suffer the same fate as the 25-øre (1982), 10-øre (1991), 5-øre (1982), 2-øre (1973) and 1-øre (1973).

This is what you could buy for 50 øre:

2012: nothing (half a plastic bag)

1948: The first Donald [Duck] comic

1990s: A piece of Bugg chewing gum

1930: Three tram tickets in Oslo

1968: Half a kilo of potatoes

1900: 3 liters of milk

Parade fun!



The Otolith – A New Museum in Northern Norway

An exciting new museum opened at the end of June, in the Lofoten area in Norway. This museum is known as The Otolith and will be part of the SKREI center for knowledge and experiences. Skrei is the Norwegian word for Northeast Arctic Cod, the fish that travels from the Barents Sea to the Norwegian coast to spawn. It has been instrumental to the Lofoten fishery, as well as Norway's culture and economy. The main exhibit at The Otolith will lead guests through an engaging experience of Lofoten, its fishery, the people who fish, and the impact fishing has today and in the future. The new building will also feature a museum shop, restaurant, and changing exhibitions. Visitors to The Otolith will receive access to the Lofoten Museum, Aquarium, and Espolin Gallery. All in all, the collection of attractions will give guests a deep understanding of the backbone of the area, while offering something for everyone.



Lefse Making for Kaffe Stue







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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.

