

## Please note:

- \* All Vennelag Board meetings will be held at *Skål Pub* beginning at 6:30 PM.
- \* Lodge meetings will be held at the Mt. Horeb Community Center, 107 N. Grove Street, beginning with our September meeting.

## Board Meetings

July 14- 6:30 PM

August 11, 2021- 6:30 PM

## Special Events

July 29, 2021- Mallard's Game-Warner Park

August 1, 2021- All Zone 3 Picnic-Arneson Farm, 2056 Skaalen Rd., Stoughton, WI 53589

August 14, 2021- Lodge Trifecta, Carpool to Stoughton. Plan to meet at the Viking Brew Pub at 12 noon for a bite or a flight! Next, will be a tour of Livsreise or the Stoughton Historical Society-your choice. Lastly, members will journey to Doundrins Distilling in Cottage Grove for akevitt tasting or cocktails. (They have an inviting patio area.)

September 11<sup>th</sup> "BRATS ON THE LOT" AND NORWEGIAN BAKE SALE AT MILLER'S SUPERMARKET, our 1<sup>st</sup> fundraiser of the year!



## LOOKING AHEAD...

October 2, 2021- Høst Frokost-We need ALL HANDS ON DECK! Stay tuned for baking dates!

## *Tidlig sommerhilsen, alle sammen!*

(Early summer greetings, everyone!)

As I was making yet another and seemingly futile attempt to get my SoN files organized, I found it interesting and somewhat sad to peruse the comparable 2020 newsletters. Cancellations, quarantines, and Zoom. What a drag! (Showing my age with that figure of speech).

But things are looking up. By the time you read this, the Summer Picnic and Frolic parade will be in the books with hopefully many of you having attended, parades are getting scheduled, face-to-face meetings are scheduled, fundraisers are once again in the works, and the Golden Anniversary dinner is coming together.

The Syttende Mai drive-thru event was great fun as members came out to visit. The 2022 trip to Norway is nearing capacity, and once again the enthusiasm for all things Norsk is coming to the forefront. And the Board has discussed cancelling our Zoom subscription. That will be a reason to celebrate! Returning to "normal" is a welcomed change.

I hope to see you all soon. Notice the lack of "" around the word see!

Takk så mye!

Allen

## from the Norwegian American

5-7-2021

Summer is the perfect time to sip some liquid refreshments!

### The Colors of Syttende Mai- Mattea Bertling

“Red, white, and blue are the colors of Syttende Mai and the inspiration for this drink, brought to life with the colors of blueberries and raspberries. Aquavit and sparkling wine give this cocktail a refreshing zing!”

### Ingredients:

1.5 oz. aquavit

.75 oz. blueberry syrup

.5 oz lemon juice

Sparkling wine

Raspberry sorbet

1 cup blueberries

\*Optional: mint and leftover blueberries to garnish

### Mixing instructions:

Mix the aquavit, blueberry syrup, lemon juice and pour the mixture into a goblet or wine glass. Add ice and top with sparkling wine and a scoop of raspberry sorbet. Garnish to your heart's content.

### Solo Celebration-Madison Leiren

Inspired by the orange soda Solo, any orange drink will suffice. Use a goblet.

4 dashes of orange bitters

1.5 oz. aquavit

Mix the bitters, aquavit and 1 scoop of vanilla ice cream. Top with orange soda to fill the glass. Skål!

Henningvær, the Skien/Porsgrunn collaboration, and the Saupstad/Kolstad district in Trondheim have been named the finalists in the battle to become Norway's most attractive place in 2021.

### Henningvær, NO



### Porsgrunn, NO



### Saupstad, NO



Photos: Wikimedia Commons

## Hear No Evil, Speak No Evil, See No Evil!

The Three Venner- Mark Hanson, Ron Goplin, and Lodge President Allen Watrud await the next drive-thru guests at Vennelag's first Syttende Mai pop-up event. Taking the lead from Norway, the lodge served pølse med lompe and iskrem (hot dogs and ice cream). Syttende Mai is really a celebration for Norway's future-the children-and the menu was a nod to their importance.

It was great to see so many members. Having simple conversations and welcoming one another back to a lodge event cannot be underestimated!

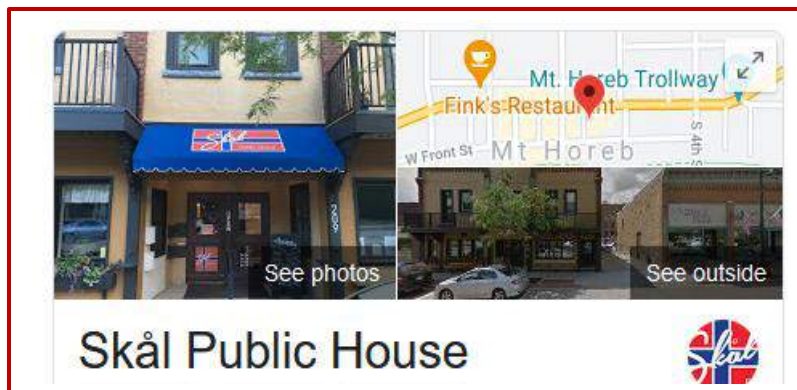
Now, we look forward to the second half of 2021 with many more events and activities to come!



President Al Watrud and his members aboard the newly refurbished S.S. Vennelag. Due to safety concerns, it was necessary to purchase new wheels and tires. The ship is now ready to cruise for the remainder of this year. Won't you join us and fill da boat? Invite others to join you!

## Dis og Dat med Vennelg nye medlemme (new members)...

Vennelag members extend a hjertelige velkommen (heartly welcome) to new members Brian and Kim La Dow family. From Ridgeway, the La Dows are the proprietors of Skål Public House in Mt. Horeb. Vennelag Lodge looks forward to forming working relationships with the La Dows.



Ann Walser, Mary Gullickson-Krantz and Arlene Watrud-Krueger reminded members of our upcoming celebration in December. Thanks to funding from a Sons of Norway Foundation grant, the overall costs of the meal will be reduced.

### From District 5 Treasurer Mike Palecek...

Tusen takk to the many wonderful presenters who helped to make the Nordic News such a success. It was created to give D5 members a way to learn more about our Nordic heritage during the COVID-10 pandemic. It has been a great way to keep our members actively engaged and to meet members from all six zones and the six states that comprise the 5<sup>th</sup> District. District 5 will keep the more than 50 episodes on the D5 website, where one can view and download them for lodge programming or personal enjoyment.



## GREAT DANE DUCK BLIND GENERAL ADMISSION

FESTIVE OPEN-AIR SPACE, WITH AND DRINK  
RAILS AND TABLE-TOP SEATING

### ALL-YOU-CAN-EAT THROUGH 7<sup>th</sup> INNING

BBQ Pulled Pork, Hops-Smoked Sesame Pulled Chicken,  
Cheeseburgers, Stoddard's Classic Bratwurst, All-Beef Hot  
Dogs, Cranberry Walnut Chicken Salad Sandwiches, Vegan  
Black Bean Patties, Watermelon, Boneless Wings, French  
Fries, Potato Salad, Coleslaw, and Chips

### BOTTOMLESS BEVERAGES THROUGH 8<sup>th</sup> INNING

Craft and Domestic Beer, Pepsi Products, Spiked Seltzer,  
and Water

Wine available for additional \$2/serving

### SAFETY CHANGES DUE TO COVID-19:

Current State and County guidelines regarding social  
distancing and mask wearing will be strictly enforced.  
All food and beverage will be served by a staff member  
out of the Great Dane Duck Blind concessions windows.



**FRI-SAT: \$42 Beer/\$33 Soda | SUN-THURS: \$35 Beer/\$26 Soda**



Etsy

### **Munch Painting, *The Sun*, Moved to New Museum in Oslo**

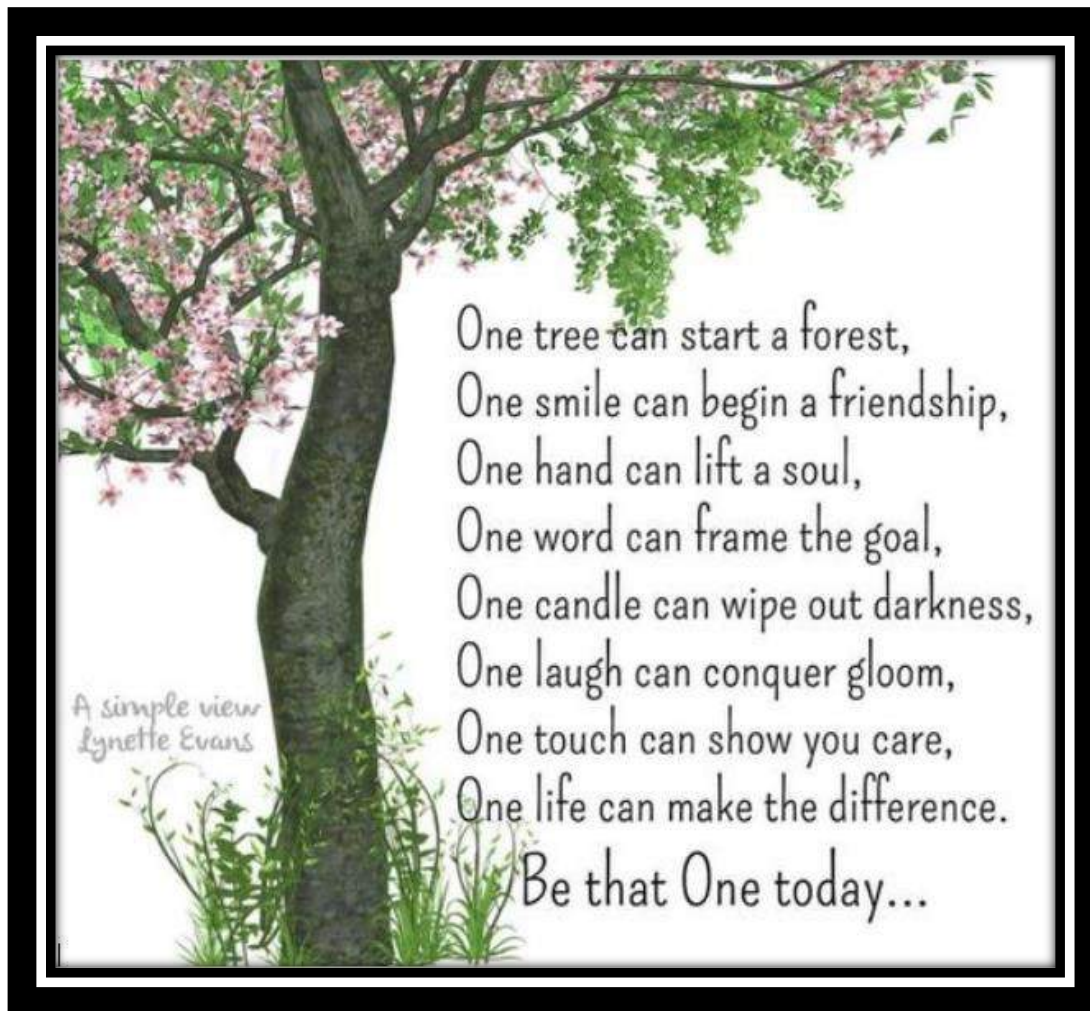
Edvard Munch's enormous painting shown above was moved to its new home at the recently completed Munch Museum. The original painting which hangs in the University of Oslo's auditorium measures approximately 15' by 25'. Although Munch painted several versions of *The Sun*, this painting was completed in 1911.

*The Sun* was raised by crane to a specially designed opening in the building's side where operators guided the painting to waiting museum staff. Several additional works will be moved from the former Munch Museum to the new site in this same manner.

When the works are safe inside the sixth floor of the new Munch Museum, they will remain there for as long as the museum exists," museum director Stein Olav Henrichsen said. The side of the sixth floor of the building will then be sealed.

The museum will open its doors to the public on October 22<sup>nd</sup>, 2021 following several delays due to the pandemic and glitches with the climate control system. The museum is five times larger than the old Munch Museum and will house the entire collection that Edvard Munch bequeathed to Oslo Municipality at his death.

*Norway Today June 5, 2021*



*As we reach out to others and encourage their consideration for membership with our lodge, the kindness we extend and the actions we show speak louder than words...Be the one.*



**A Tusen Takk  
 Award goes to  
 Arlene Watrud-  
 Krueger and  
 Aldeen Fjelstad  
 who assisted in a  
 rainy-day bike  
 trail clean-up.**

**Tusen takk også  
 til Rita  
 Schraepfer-  
 Derke who  
 cleaned and  
 organized the  
 Vennelag  
 storage unit.**





Come one and all to help with  
**Brats on the Lot**  
Miller's Grocery Store, Mt Horeb  
Saturday, September 11, 2021

Set Up Starts at **8:00 AM**  
Sale runs from 10:00 AM – 2:00 PM



**We need:**

- Bake sale items of Norwegian cookies, but any kind will do
  - 10-12 people to work the day of the sale
  - \*Bring along a chair if you can.
  - 2 people to haul tables & coolers from the storage unit
  - Help at 8:00 AM to set up tables & tent canopy, to label, price, & arrange baked goods,
  - 4 people to work the bake sale area from 8 AM to 2:00 PM
  - 6-8 people to work the serving line, the grill area & as cashiers.  
(This area will require you to be on your feet most of the time.)
  - Help with take-down at 2:00 PM.
  - 2 people to haul tables & coolers back to storage unit.
- \*\*Workers must park off to the far side of the parking lot so as not to interfere with Miller's customers.**
- If you cannot work but would like to support the fundraiser, come buy a brat, hot dog and/or baked items. Workers must pay for a brat, hot dog, or baked items just as everyone else does. There will be no free items.

Please contact Rita Schraepfer at 608/220-7565 or at [rsderke@gmail.com](mailto:rsderke@gmail.com) to sign-up, if you can help in any way.

Thank you!

*Rita*

## **Guidelines for Home Baking-Public Health Madison and Dane County**

Bake-sales can provide good fundraising opportunities for non-profit organizations (schools, sports teams, etc.). However, as in any situation where food is being prepared and offered for sale to the public, caution must be exercised to provide safe food.

When consumers buy food, they have the right to expect that it will be safe and wholesome. While no health department permit is required for “bake sales”, the sponsoring organizations are responsible for the safety of the food products they offer for sale.

Although the traditional bake sale foods such as bread, cakes, pies, cookies, and candies rarely cause illness, it is important to remember that under the right circumstances any food can cause foodborne illness.

### **The following guidelines will improve your chances for a successful bake sale:**

- 1) Maintain a List of Names, addresses, and phone numbers of each person who prepared an item for the event along with what they prepared.
- 2) A sign indicating that these items are “Home Baked” should be posted.
- 3) All food must be individually wrapped in plastic, foil, or waxed paper.

Acceptable bake sale items: (shelf-stable, non-potentially hazardous foods only)

- Breads (quick breads and yeast breads)
- Cakes (*except* cheesecake or cream-filled)
- Cookies
- Bars
- Muffins
- Candies
- Dried fruits, herbs, and spices
- Cupcakes (except cream-filled)
- Non-potentially hazardous fruit-based pies not requiring refrigeration

**Not acceptable for bake sales:** • Cheesecake • Pastries • Cream, meringue, custard, or pumpkin pies • Cream-filled cakes, cupcakes, muffins, or doughnuts • Frosting and fillings made with cream cheese • Home-canned foods

Please note: Potentially hazardous foods (foods that require hot or cold holding) are not allowed at a bake sale.

This requires a Temporary Restaurant Permit and must be submitted at least 7 days in advance, prior to your event.

## **Food preparation and Bake Sale Operations**

Individuals who are allergic or extremely sensitive to food can touch or smell food and have an allergic reaction. Some allergic reactions can be severe and require hospitalization.

The eleven most common food allergens are Milk, Citrus, Eggs, Soy, Peanuts, Wheat, Tree nuts, Melon, Strawberries, Shellfish, and Fish.

Please consider the following:

- Label items that containing allergens, i.e., “contains nuts”.
- Position foods containing known allergens away from other items or use a separate table
- Designate a person to handle the sales of only allergen-free foods.
- Vehicles used for food transport should be clean and maintained in a sanitary condition.
- Food should be tightly wrapped to protect from dust, dirt, and insects.
- Food should not be transported with pets nor in a vehicle.

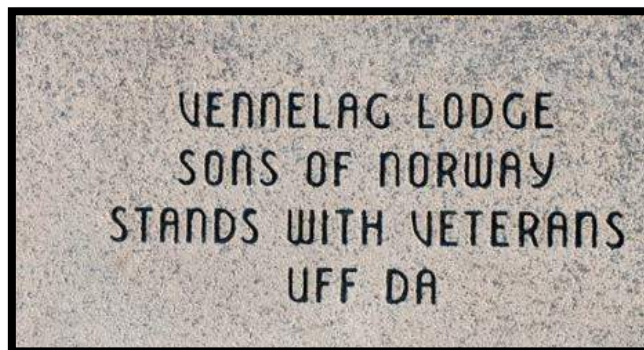
To avoid leftovers, reduce the price 20 minutes before the close of your fundraiser. If there are leftovers, be sure to wrap them securely.

When planning a bake sale, please observe the following requirements: 1) All foods must be protected from unnecessary handling, airborne contamination, and pests.

- 1) Baked goods should be placed in food storage bags or containers, wrapped with new food-grade plastic, wax paper, foil, or is dispensed from a covered food storage container.
- 2) Individuals shall thoroughly wash their hands before conducting the sale and after any activity that could contaminate their hands, such as coughing, eating, or using the restroom.
- 3) Bare hand contact with the food items should be avoided; please use plastic gloves, tissues, bags, or utensils (tongs/spoons) as needed.
- 4) A sign or placard stating “Home Baked” must be posted.
- 5) Donors should be encouraged to identify/label any product that contains any major allergen. Major allergens include peanuts (peanut butter), eggs, wheat, soybeans, milk, and milk products (e.g., butter, buttermilk, cheese) and tree nuts (e.g., almonds, pecans, walnuts, cashews).
- 6) The event organizer should retain a list of who donated what food items or wrapped baked items should be labeled with the baker's name to identify the source of the product.
- 7) Good standards of housekeeping and hygiene are expected of persons operating the bake sale. All foods should be displayed on clean counters and the bake sale area maintained in a clean and sanitary condition.  
\*Additional consumer food safety information can be obtained by visiting [www.foodsafety.gov](http://www.foodsafety.gov) or by contacting Public Health – Madison & Dane County ([www.publichealthmdc.com](http://www.publichealthmdc.com)).

## Mt. Horeb Veteran's Memorial

Vennelag Lodge is proud to support the efforts necessary to create the Mt. Horeb Veteran's Memorial. Now nearly complete, the parking lot is marked, plantings have been added, memorial stones placed, and rest benches were installed. Below is an early morning shot of the memorial as the sun is rising over Mt. Horeb.



from” *Genealogy-Just Ask*” It is a simplified explanation of inherited genes/traits found in your DNA. --

Submitted by Anna Olson

Imagine DNA as a pack of 46 cards. Everyone has 46 cards, and everyone gets half of these from Mom and half from dad. That means out of the 46 cards your mom holds, she has given you a copy of half of those in her hand. Remember, this is a shuffled deck. Each time a new baby is conceived, the parents reshuffle their cards before handing them out.

Your maternal great-great-grandmother, Mary had lots of children and multiple grandchildren. Among her cards she had the Ace of Spades, the Queen of Clubs, and the King of Hearts. Through the generations your mom ended up inheriting the Ace and the Queen, but she did not inherit the King.

When your mother took her cards and shuffled her deck, she and gave you half, and you happened to inherit the Ace of Spades. This means you will match with any of Mary’s other descendants that also inherited the Ace of Spades.

When your mom created your brother, she shuffled her cards and gave him half. He got lots of the same cards as you, but he did not inherit the Ace of Spades. Instead, he inherited the Queen of Clubs. He has matches with the descendants that inherited this card from Mary. Matches that you do not have – because you did not inherit the Queen.

You have a DNA match descended from Mary that matches both you and your brother. That is because this match inherited both the Ace of Spades AND the Queen of Clubs.

There are other cousins you have identified through paper research but neither you nor your brother are genetically matched to them. That is because they inherited (for example) the King. A card that did not pass down to your mom and therefore could not pass down to you.

The random nature of DNA is why asking as many family members as possible to take DNA tests can be so helpful. Imagine if one of Mary’s descendants took a DNA test and had the King. If she shared her DNA matches with you, you would have a whole new set of Mary’s descendants to explore!

### *Stuffed Eggs*

#### Ingredients

4 Hard-cooked eggs

1½ Tbsp. chopped ham, tongue, anchovy fillets, or smoked salmon

1 tsp. butter

3 Tbsp. grated cheese

#### Directions

Step 1-Peel the eggs in half lengthwise.

Step 2-Carefully remove the yolks and combine them with the remaining ingredients.

Step 3-Stuff the egg whites with the mixture.

*The Norwegian Kitchen* is available for purchase, through the Vesterheim Bookstore (800) 979-3346).





### ***October is Foundation Month!***

October has been reserved as *Sons of Norway Foundation Month!* Each October provides lodges with the opportunity to contribute towards the important work and mission of the *Foundation*. In 2021, nothing will change! All members will have the opportunity to be part of the “Together We Are the Future” campaign and will provide the opportunity to share and preserve Nordic heritage, positively affect our members' lives, and help make Sons of Norway communities better places to live. This exciting campaign will allow us to ensure that we can continue to support our lodge and the local communities where our members reside. In addition, the Foundation provides educational opportunities for members and their families.

If you are considering ways to support the Foundation throughout the year, why wait? Listed here are 3 good suggestions:

1. “Happy Bucks” – When something good has happened in your life, share your story with the Lodge and put a donation in a jar for the Foundation. Then present at the next Lodge meeting.
2. Make a Pledge toward your Kid/Grandkid - Many members have kids or grandkids who participate in competitions, kayaking, paddle canoes, mountain climb, repel, rowing, and do other physical activities. Individuals can ask for pledges toward the child’s participation in the event, and one can donate to the Foundation in honor of their family member.
3. Birthday Celebrations. Ask friends on Facebook to donate to the Foundation to celebrate a special birthday. In Norway, they are always celebrating the “0” birthdays — 20, 30, 40, 50, 60, 70, 80, 90, 100.

***We hope that you will join us in this mission! Remember, “Together We Are the Future”. –Harley Skjervem***

*Vennelag Lodge has benefited from cultural grants given by the Foundation. In 2019, we were awarded a cultural grant for a demonstration of Norwegian food preparation at Nordic Fest. Due to the cancellation of the event during the pandemic, this activity will occur July 23-24, 2021.*

*In 2020, two grants were awarded to the Lodge: one to be used for the celebration of our 50<sup>th</sup> Anniversary, and the second will help to defray the costs of the 2021 Høst Frokost.*

## ***SCANDINAVIAN DANCE, MY OBSERVATIONS-- Tiffany Schwoerer***

When one thinks of Norwegian dancing one may think of the whirling dervishes. Do you recall a moment when you were dancing and trying out a particular step pattern that just seconds before was difficult and now it is easy? Perhaps you remember a particular moment of joy watching a dance troupe? For me, it is all of these, especially when you have the people making the dance look effortless. Trust me, I have done a few dances, and I do not know how dancers end their set not being exhausted and winded!

In Norwegian dance, there are four main dance groups. There are song dances, figure dances, old-time couple dances, and provincial dances. Each of the groups can be referenced by many different names. For instance, the group of provincial dances; are often referenced mainly as *bygdedanser* or *bygdedans* which means traditional or provincial style. Remember that the grouping of the dances can be very fluid and that it may change in the coming years or even while one participates in a discussion group!

Each group of dances has easy through difficult dances, but in general, the song-dances are easier to remember and are usually the first ones that children learn since a person is moving and expressing what he is singing. Couple dances are typically more complex because partners need to agree with one another on what to do. When to turn or how long the section continues does not indicate that all couple dances are complex. While the whole song-dances and figure-dances follow patterns, they are not open to the interpretation of the dancers. These dances can be the most forgiving when you are trying to get your “dance feet” under you. Old-time dances and traditional or provincial dances allow a couple to express interpretations, personality, or flair of the couple dancing within the dance. I have found that many of these dances are difficult in these groups because of their non-Western rhythms. Most important to note here is that even though you have a leader and a follower in a dance couple, each partner must hold their own and support the other partner, or else the dance will collapse, and you will hurt someone!

Song dances are usually only accompanied by voices due to the voice being just as important as the movements. Per Spelmann is a great example of a song-dance, where the story/song has specific actions during it that the dancers perform. Dancers need to know when he steps down or swings a leg on certain parts of the singing. In Per Spelmann, one swings a leg in time with the chorus and steps in time with the verse in the song. These dances are usually done in a circle format, depending on the number of participants. If there are many dancers, a large circle or even oval is formed. Our lodge members perform a type of song dance at the Jultrefest. While we do not have actions with every song we are moving along with the song. Other song dances can be quite complicated; song dances that require one to break from the circle to jump or turn in time to the sung parts. The most important thing to note about song dances is that they are partner-free but are performed in a circle.

While figure dances are usually done with a partner and move in a specific direction as pairs traverse the room. You may hear the term *turdanser* used for figure-dances, and they are referred to in the States as set dances. The word *turdanse* comes from the French language “*tour*” meaning a circular dance that begins and ends at the same place. Figure dances employ changing geometric patterns.

When thinking of figure dances it is best to imagine a quadrille like a Seierstad hopsa where every pattern of the dance is choreographed to the most minute detail. In this dance one's partner may be across from them in their line. Like song dances, there are specific patterns that one needs to follow. Unlike those dances, one dances solely with a partner for part of the dance, not for the whole dance.

One of my favorite dances is the old-time couple dances. More often referred to as *gammeldanser*, those that have the title of old-time dances are not necessarily the oldest of the dance groups, but they are one of the most well-known and more widely spread groups. These dances were scandalous for a time because a person (usually) had only one partner for the entire dance. Partners danced very closely with one another, which in the 19<sup>th</sup> Century, was improper. During this same century, the polkas, waltzes, and mazurkas migrated to Norway from the European continent through Norway's upper classes where they were then introduced to the rest of Norway's population. These dances are the most widely danced of the three groups talked about so far due to their popularity in both the upper and lower classes of Norwegian society. Visitors and guests could also participate during balls or parties if they chose without learning a new dance. There are variants of these dances and waltzes or vals as they are sometimes called, and they are extremely popular in addition to Rheinlångers or schottisches.

The final group of dances is the traditional or provincial dances that are almost a sub-category of the *gammeldanser* group due to the tendency of being a one-partner dance. However, they do have parts that are open to interpretations and variations that many *gammeldansers* would not acknowledge. The most recognized dances might just be the Rørospols or Valdresspringar. The *bydedans* or provincial dances were solely danced in specific communities or regions of Norway, and like the dialects, they did not move past their valley or fjord region. For example, up to the 1960s, the Rørospols were specifically danced in Røros. After that time, the dance was taught all over Norway. I believe that some people feared that the pols would be lost in time if they did not teach it to others. Most of these dances are passed down via the old style of learning. The old style is following the partner that you are learning from in the dance circle and imitating their movements by watching their footwork or being a daredevil and hopping into the dance and being "dragged along" by your partner and the dance circle. Either form of the old style has merits and can be fun but if you are new to Scandinavian dance, it can be frustrating to not "get the steps" at first.

I hope that the information provided has provided you with something new and has filled you with an appreciation of dance in world cultures, specifically Norway. Many of the dance teachers that I have worked with are more than willing to speak about the nuances of the dances they teach, and they are willing to share the dance origins that they are sharing. If you are interested in dancing more, please note that you *can* dance even if you are not in the best of health. Working together is key. There are a few spots in Wisconsin that you can find these dances such as Folklore Village. There are some local dance troupes or Scandi-bands that hold weekly dance sessions. If you are traveling, I know that Illinois and Minnesota have pockets of Scandinavian dancers that welcome new dancers. I leave you with one consideration...(if you have never Scandi-danced before, it can become addictive!

*Dances from Norway* by Daniel Beal. Additional information was taken from the cultural skills unit on the Sons of Norway International website: [www.sofn.com](http://www.sofn.com).



*Mt. Horeb Summer Frolic  
June 13, 2021*