

## UPCOMING LODGE EVENTS

**\*Board meetings and Lodge meetings  
will be virtual unless otherwise noted.**

Sunday, February 21, 2020

**Reminder:** Friluftsliv Event at the farm of  
Karen and John Eberhardt  
2996 Timber Lane  
Verona, WI 53593

March 10 Board meeting, 6:30 PM

April 14 Board meeting, 6:30 PM

March 21 Lodge meeting, 2:00 PM (SUN.)

**PROGRAM:** Syttende Mai presentation

April 29 Lodge meeting, 6:30 PM (THUR.)

**PROGRAM:** DNA: part II with Dana Kelly

May: Syttende Mai Celebration (TBD)

June: Picnic time (more info to come)



May the luck of Erik the Red be with you!  
Attend the March lodge meeting and be  
entered for a chance to win a door prize!

## Ord fra presidenten (words from the president)



Please plan to join us for the March Lodge meeting when Lisbeth Wacker covers the history and celebration of the Norwegian Constitution Day. A native of Trondheim, Lisbeth has lived in the U.S. for many years but travels home as often as possible. Maybe we will hear some new ideas as to how to celebrate in these challenging times. This meeting will be conducted via Zoom, but feel free to phone-in to hear it.

There is a certain level of optimism that the vaccine rollout and new rules on gatherings will allow us to come out of this social funk that we are in. Questions are being asked as to how we are going to "reopen" when we can come face to face again.

Our current thinking is to "reopen" with the annual June picnic. Social distancing will be required, but it allows the social aspect of meeting face to face that is of such importance to us all.

Think about inviting a friend or relative who may be interested in becoming a member. We do not have a firm date yet and will work to find a suitable space with plenty of room. Whenever this is, you can bet it does not come too soon!

In the meantime, hold ut (hang in there....)

Allen Watrud  
Lodge President

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.

## Virtual Walk to Norway Challenge Alt for Norge!

The following members participated in the Challenge and many earned sports medals for their efforts. A total of 25 medals were earned in all. Aldeen Fjelstad had already earned the walking medals, but she joined the Challenge.

Donna Corcoran  
Aldeen Fjelstad  
Jane Frame  
Steve Fame  
Debra Goplin  
Mark Hanson  
Duane Kittleson  
Nancy Kittleson  
Guy Martin  
Siri Martin  
Jan Robertson  
Carlyce Skjervem  
Harley Skjervem  
Steve Sopcak  
Allen Watrud  
Arlene Watrud-Krueger  
Cheryl Wille-Schlesser  
Kathy Wulff  
Tom Wulff

The Virtual Walk to Norway provided our members with a way to manage stress and anxiety during the pandemic. It improved our stamina and helped to improve spirits. Well done, Vennelag members!



27,852 miles traversed!

**ATTENTION...YOUR  
ATTENTION, PLEASE!**  
**Please note the change in  
our 50<sup>th</sup> Anniversary event.**

**\*\*Due to the challenges of the Covid-19 pandemic and a slower than expected vaccine rollout, we have decided to postpone our 50<sup>th</sup> Anniversary celebration until**

**SUNDAY, DECEMBER 5th**

We will celebrate our 50<sup>th</sup> Anniversary and Juletre fest together in one big event! Join your fellow Lodge members and guests, as we honor those who chartered our lodge. Traditional Norwegian clothing, Norwegian decorations, and a toast or two will honor our Norwegian connections.



**Our celebration will be at the Hi- Point  
Steak House, Ridgeway, WI, from 2 – 5 PM.**

Share memories of the Lodge, friendships made, and travels taken. Join us in song and dance. We have planned a scrumptious dinner you are sure to enjoy. The program will create memories for years to come!

**PLAN TO CELEBRATE WITH US!**

Arlene Watrud-Krueger and Harley Skjervem, event co-chairs:

[akrueger@chorus.net](mailto:akrueger@chorus.net)

[hskjervem@gmail.com](mailto:hskjervem@gmail.com)

Xenophobe's Guide to the Norwegians-A frank and funny look at what makes the Norwegians NORWEGIAN  
[www.xenophobes.com](http://www.xenophobes.com)

### Nationalism and Identity

Norwegians define themselves in simple terms; they are not Swedish. This simple definition comes from centuries of being dominated by the Swedes, both politically and culturally, and millions of foreigners who have believed that Norway is the capital of Sweden.

To show the world that they are Norwegian and definitely not Swedish, every Norwegian, at any moment in time, will be wearing an item of clothing with a Norwegian flag it.

### Alt for Norge!

**\*\*Vennelag's 2021 excursion to Norway has been postponed. Departure has been moved to September 1, 2022. Join us for the time of your life in the North of Norway! Contact Stephen Frame by email to indicate your interest: [frames@firstweber.com](mailto:frames@firstweber.com). You may reach Steven by phone: 608-767-3393.**

### Crab Mousse

- 2 pkgs. cream cheese-8 oz. ea.
- 1 can cream of mushroom soup
- 1 envelope Knox gelatin
- 3 T. cold water
- 1 c. celery chopped fine
- ½ c. green onion diced
- ½ tsp garlic powder
- 1 t. horseradish
- 1 c. mayonnaise
- 1 lb. crab meat-2 cans, or lump crab broken (Shrimp may also be substituted or combined with the crabmeat.)
- Paprika for garnish



Soften gelatin in the 3T cold water.

Heat cream cheese and mushroom soup in the microwave, stirring until well blended.

Combine the softened gelatin and warmed mixture.

Remove from microwave and add the chopped celery, onion, mayo, garlic powder, and horseradish. Mix well.

Place in a mold and refrigerate. Sprinkle with paprika after unmolding on a platter. Serve with your choice of crackers-Triscuits or Ritz work nicely.

## ***RICK STEVES' CLASSROOM EUROPE: NORWAY***

***Content courtesy of Rick Steves-11 short programs will help you relive a trip to Norge or to dream of things to come!***

### ***Directions:***

- Go to [www.classroom.ricksteves.com](http://www.classroom.ricksteves.com).

**Norway's Natural Wonders: Mountains, Fjords, and Glaciers**

**Norway's Viking History, Stave Churches, and Remote Farmsteads**

**Bergen, Norway's Historic Capital**

**Bergen: Norway's Great Composer, Edvard Grieg**

**A Symphonic Journey: Norway's Suite to Nature**

**Oslo: Norwegian Psyche in Its Art: Romantic Art, Munch's "Scream," and Vigeland Sculptures**

**Oslo: Norway's Maritime Heritage: Viking Ships, Arctic Exploration Ship, and the Kon Tiki**

**Oslo: Norwegian Society and Governance**

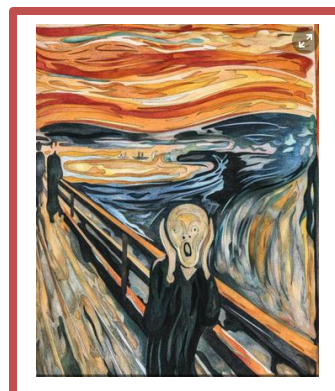
**Oslo: City Hall and Resistance Museum**

**Oslo: Vigeland's Many Statues**

**Christmas in Norway**



**Bryggen-the Wharf in Bergen**



**Munch's *The Scream***



**Vigeland's  
Sculptures  
at  
Frogner Park**

**Oslo,  
Norway**



**Heddal Stave Kirke, Notodden**

*Source: The Norwegian American*

*Photos: Depositphotos.com*



**We are looking for you!**

**Our meetings may be virtual, but there are still opportunities for engagement!**

**Upcoming lodge events:**

**March 21: Join us for a Syttende Mai presentation by Lizbeth Wacker.**

Have you wondered how Norwegians celebrate the holiday? What foods do they eat? This is a good time to join in to find out, to ask questions and to do some planning for your own celebration.

Lisbeth comes from the beautiful country of Norway, where a healthy lifestyle and outdoor activities are very much embraced.

Lisbeth lives within Madison WI area with her husband and children. She enjoys living in the Madison area participating in outdoor activities, networking with others, teaching Norwegian and being the worship leader at her church.

A common expression in Norway is "There's no such thing as bad weather but instead it's the clothes you choose to wear." In other words, you cannot let bad weather stop you from enjoying the outdoors.

**April 22: Dana Kelly presents DNA, part II.**

Dana previously gave us information on how to understand our Norwegian DNA results and will continue this conversation with us. She has many "ah-ha" moments for those researching their family trees.

**May: Syttende Mai Celebration (TBD)**

**June: Outdoor Picnic **We are anxious to bring our members together!****





## Oh, Lutefisk

May be sung to the tune of "O Tannenbaum"

O Lutefisk...O Lutefisk...how fragrant your aroma  
O Lutefisk...O Lutefisk...You put me in a coma  
You smell so strong...you look like glue  
You taste yust like an overshoe  
But lutefisk...come Saturday  
I tink I vil eat you anyway.

O Lutefisk, O Lutefisk...I put you by the doorway  
I wanted you to ripen up...yust like dey do in Norway  
A dog came by and sprinkled you...I hit him ved an overshoe.  
O Lutefisk...now I suppose  
I will eat you as I hold my nose.

O Lutefisk...O Lutefisk how vell I do remember  
On Christmas Eve how ve'd receive...our big treat of December  
It vasn't turkey or fried ham...it vasn't even pickled spam  
My mudder knew dere vas no risk  
In serving buttered lutefisk.

O Lutefisk...O Lutefisk...now everyone discovers  
Dat Lutefisk and lefse makes...Norvegians better lovers  
Now all da vorld can have a ball...yer better dan dat Yeritol  
O Lutefisk...ved brennevin (liquor)  
You make me feel like Errol Flynn!

**Lutefisk dinners will  
Make a comeback  
in 2021!**

Looking ahead  
to more  
lusciousness...



October 16, 2021  
Northland Lutheran Church  
N9880 State Road 49 - Iola, WI 54945  
Information: 715-445-2956

Anyone interested in a road trip? More info to come!

Craft and Bake  
Sale also on site.

## 2021 Barnebirkie Weekend in Hayward, WI

This year's Barnebirkie (children's ski race) in Hayward, WI, will look different in 2021.

The children's ski race will be spread over the two days: Thursday, February 25 and Friday, February 26, 2021. It will be an open track style event with no official start time. Families may also choose a virtual option near their home trails. Parents choose a 30-minute time slot for their children to begin and may ski with them.

No spectators are allowed at any of the 2021 events.

**Sons of Norway District 5  
will not be providing  
cookies nor volunteers.**

The D-5 Board has budgeted money for this event, made possible from the estate of Gene Steensma, from Samhold Lodge in Michigan, a lodge which recently disbanded. Monies will be used as a sponsorship to provide a Cliff Z-Bar for the children as a treat in their registration bag.

Our sponsorship will enable us to have a virtual presence booth online highlighting the Sons of Norway and Masse Moro Camp.

**Need more info? Contact:**

Audrey Severson  
D5 Sports and Recreation  
Director

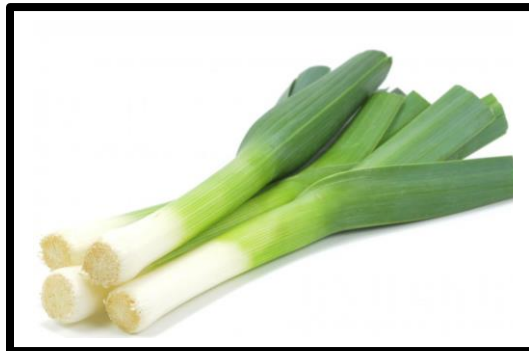
[apseverson@gmail.com](mailto:apseverson@gmail.com)  
715-273-5019

Source: Sons of Norway website-recipe box [www.sofn.com](http://www.sofn.com)

## LEEK SOUP

### Ingredients

3 Tbsp butter  
3 Leeks, sliced  
5 Potatoes, medium  
2 Carrots, medium  
¼ cup (1/2 dl) flour  
1 Quart (liter) beef broth  
2 Egg yolks, slightly beaten  
1 Tsp salt  
¼ Tsp pepper  
Fresh parsley, chopped



### Directions

Melt the butter in a large heavy bottomed saucepan. Cut the leeks in half lengthwise and wash thoroughly. Slice. Dice the potatoes and carrots and add with the leeks to the saucepan. Cook five minutes while stirring occasionally to prevent vegetables from browning. Add flour stirring constantly; remove from heat and add broth all at once while continuing to stir. Reduce heat and let simmer until vegetables are tender. Beat egg yolks into a soup tureen. Pour soup over egg yolks, a little at a time, stirring constantly. Season with salt and pepper to taste. Sprinkle with fresh parsley. Serve at once.

*Ekte Norsk Mat*—Authentic Norwegian Cooking is available for purchase, through the Vesterheim bookstore. Call toll free at (800) 979-3346.



**SONS of  
NORWAY**

*Vennelag Lodge 5-513*

Your Leadership Team at Work  
Takk for hjelpen oss!



On Saturday, January 23, 2021 four members of the Vennelag Board attended a virtual training provided by the District 5 Board of Directors. Led by President Allen Watrud, the Vennelag volunteers included: Ann Walser, Arlene Watrud-Krueger, Harley Skjervem, and Kathy Wulff. These individuals hold key positions in our Lodge, and they will be instrumental in leading our lodge in the post-COVID-19 reopening.

\*A reminder, Vennelag is always seeking additional members! Please share what our lodge offers with those you know. Vennelag Lodge is a proud community partner and enhances the lives of many in this area through its service and philanthropy. Contrary to Norwegian custom-it is okay to brag *a little bit!* Tusen takk!

**Masse Moro 2021**  
**Where kids have "lots of fun"**

**The Fifth District's heritage camp for youth ages 9-15, will be held from July 18-31, 2021.**

**Matching grants for attendance are available from Vennelag Lodge and District 5. If someone in your family is interested in attending the camp this year, contact Lodge President, Allen Watrud for more information.**

**[awatrud@gmail.com](mailto:awatrud@gmail.com)**

**To learn more about this wonderful camp for children, view the website:**

**[www.massemoro.org](http://www.massemoro.org)**

**Members, their children, as well as extended family members, and their friends are all welcome to attend.**



**Masse Moro**  
Norwegian Heritage Youth Camp

**Vennelag has numerous children who qualify for this experience. Give your children the gift of heritage. Scholarships are available.**

March is the month of the Norwegian hyttetur: trip to the cottage.

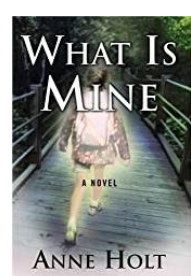
Families are celebrating Påske (Easter), the typical greeting, God Påske, and relax with their families. Skiing is one activity, but many Norwegians take books to read and plenty of chocolate to last the duration of their vacation!

Crime novels have become especially popular in Norway. Great authors to follow include:

Jo Nesbø  
Karin Fossum  
K.O. Dahl  
Gunnar Staalesen  
Kjersti Scheen  
Anne Holt

**Happy Reading!**

**Påskekrim  
or Easter  
thriller**





Martha Watrud and Arlene Watrud-Krueger have shared their list of favorite books. Reading these titles would make for great winter diversions. Light a candle, enjoy some coffee, a hot chocolate, or a cup of Swedish Earl Grey tea. Add a Kvikk Lunsj bar and curl up in a blanket for that koselig feeling! Featured items below and photos are from Open House Imports in Mt. Horeb, WI. [www.openhouseimports.com](http://www.openhouseimports.com)

*The House at Riverton*  
Kate Morton

*The Forgotten Garden*  
Kate Morton

*The Girl You Left Behind*  
JoJo Moyes

*Sarah's Key*  
Tatiana de Rosnay

*The Book Thief*  
Marcus Zika's

*The Nightingale*  
Kristin Hannah

*Big Little Lies*  
Liane Moriarity

*A Man Called Ove*  
Fredrik Backman

*The Stationary Shop*  
Marjan Kamali

*Still Alice*  
Lisa Genova

*This Tender Land*  
William Kent Krueger

*No Place Like Home*  
Mary Higgins Clark

*The Shadow of Your Smile*  
Mary Higgins Clark

*The Caveman*  
Jorn Lier Horst

*Rocket Men*  
Robert Kurson

*Moonshot*  
Shepherd and Slayton

*Forgotten 500*  
Gregory Freeman

*Last Hope Island*  
Lynn Olson

*Lilac Girls*  
Martha Hall Kelly

*Long Knife*  
James A. Thom



#### Arlene's Favorite Authors:

Jane Green

Barbara Delinski

Elin Hilderbrand

Kate Morton

Mary Kay Andrews

Kristin Hannah

JoJo Moyes

Liane Moriarity

***Almost every third person who lives together with someone in Norway is doing so as a cohabitant. The proportion of cohabitants is constantly increasing according to Statistics Norway (SSB).***

Out of 65% of Norwegians who stated that they live together, 30% said that they live together as cohabitants. The remainder are married.

The proportion of cohabitants has risen by around 10% in recent decades and has never been higher. Out of the entire population between the ages of 16-79, the proportion of cohabitants is approximately 19%. The number of married people had been steadily declining in the same period.

Thirty-eight percent of those who are ages 25-29 years are cohabitating today. Of those who are aged 30-34 years, 37% are choosing to live together. The proportion of cohabitating decreases as age increases, comprising the lowest group.

Source: Norway Today. "The proportion of married people in Norway continues to fall" January 22, 2021. [news@norwaytoday.no](mailto:news@norwaytoday.no).



**"In many Northern and Eastern European countries, including Denmark, Norway, Russia, Poland, and Bulgaria, it is more common to wear the wedding ring on the fourth finger of the right hand."**

The power and authority came from the **right hand** of God—the 'right hand' meaning Christ. Therefore, **wearing the ring** on the **right hand**—in Christ and through Christ—blessed the marriage. Both men and women **wear the wedding ring** in Norway."

[My.littlenorway.com](http://My.littlenorway.com), 2009/2010.

### **Norway's Stave Churches at Risk**

Hundreds of years ago, more than 1,000 stave churches stood in small communities across Norway. Today 28 stave churches remain. Maintaining these church takes the greatest care, but those possessing the skills to do so is dwindling, which threatens the future of these exquisite buildings.

The earliest wooden churches were built directly into the ground, and they began to decay within a short time. In the 1100's construction methods changed, raising the buildings above the ground and saving many of them.

"The Norwegian Directorate for Cultural Heritage has spent a lot of money in recent decades restoring the churches. However, it was a lack of money that caused these churches to remain in place for so long. The Norwegian people were poor and could not afford to construct new buildings. They maintained their churches well saving some of them to today."

Source: Life in Norway. "Why Norway's Spectacular Stave Churches Are at Risk" January 19, 2021.



*Photo Credit: Duane Kittleson*

Audrey's grandfather lived in the Trondheim area, while her grandmother called the Valdres fylke home.

## ***Velkommen tilbake, Audrey Casey!***

A former lamb from our flock has returned to the fold following many years away from the Lodge. Audrey Casey left Mt. Horeb to join her son Bob, in Colorado. Later she returned to her hometown of Fergus Falls, MN.

Now that her son lives in the Madison area, Audrey has chosen to return to Mt. Horeb, and we are thrilled to have her back as a Vennelag member!

Some members may remember meeting her on our last trip to Norway or working at one of the Kaffe Stue events. Audrey has previously worked at Open House Imports. She and Janice Sievers were instrumental in introducing the Høst Frokost to our community.

### **Tubfrim History and information**

Postmaster Ditlef Frantzen in Nesbyen, Norway established TUBFRIM in 1928. The aim was to collect and sell used stamps and use the proceeds to aid the eradication of tuberculosis among Norwegian children. The first profit was made in 1929 and amounted to NOK 1.500. Profits varied in the following years from NOK 8.000, in 1940 to NOK 25.000, in 1947. TUBFRIM has made good progress since from then and profits in 1970 were NOK 150.000, growing to NOK 650.000, in 2018.

TUBFRIM has from the start in 1928 donated over 23 million NOK to charity

TUBFRIM is owned by the Norwegian Health Association (Nasjonalforeningen for folkehelsen). Today the profits are used to help children and youth with disabilities, and children and youth with handicaps in Norway, and to finance the efforts to eradicate tuberculosis.

Used postage stamps and telephone cards are not to be thrown in the waste basket but should be sent to:

**TUBFRIM**

**Box 1, NO-3541 Nesbyen, Norway**

We sincerely thank those of you who loyally send us stamps and telephone cards, and we heartily welcome new collectors.

For more information: [www.tubfrim.no](http://www.tubfrim.no)

\* Please make me aware of any stamps you have collected or trimmed. I can transport them to Mary Bennett who is the U.S. Tubfrim Coordinator.

Takk, Cheryl

## Kjærer Members,

The Sons of Norway Foundation is an integral part of Vennelag 5-513 Lodge and the International organization's services. Thanks are extended to our members who have contributed over the years to the Foundation. Follows is a recap of 2020 fundraising for the Order.

The Foundation's fund development goal for 2020 was \$240,000. At the end of October \$358,202 was raised! In addition, the Foundation's "Together We are the Future" campaign which began October 1, 2020 was also a success. The campaign's goal to raise \$100,000 to support its programs in coordination with October's Foundation Month exceeded its goal for a total of \$210,164. Donations to the campaign were received from over 700 members and 113 lodges. Locally, Vennelag members contributed \$900.00.

This exciting campaign ensures that the Foundation can support its member lodges and communities and can provide educational opportunities for its members, children, and grandchildren. The question is asked, "How do the dollars raised impact our members"?

- By the awarding of Scholarships...Recipients not only have their financial burdens eased, but they also enjoy life-changing experiences in Norway and around the world.
- By awarding Grants...Members who receive grants from the Humanitarian Fund receive critical support following natural disasters. Beginning in 2020, a newly added grant assists members who are dealing with financial hardship due to extreme illness or injury.
- Lodge grant recipients can share their culture and heritage through engaging events and programs. In turn, they can recruit new members, create friendships, and earn community recognition for their efforts.

Thank you again for your support of the Sons of Norway Foundation!

Harley Skjervem

Vennelag 5-513 Lodge Foundation Director



Uff-Da!

Ole and Lars were taking their first train ride. They brought along bananas for lunch. Just as they began to peel them, the train entered a long dark tunnel. "Have you eaten your banana yet?" Ole asked excitedly.

"No," replied Lars.

"Vel, don't touch it den," Ole exclaimed. I yust took vun bite and vent blind!"

**\*Good News!** Ole and Lena jokes are back in print, and they are now in stock at *Open House Imports*.



Masse Moro, a sleepaway camp for youth ages 9-15 will be held from July 18-31, 2021.

It will be held in-person or as a virtual experience.

**\*\*Local Lodge Supporting Grant Endorsement\*\***

Please note: Local Lodges provide varying amounts of support for their campers. District 5 will provide a match that amount up to \$150.00 per camper. If you have specific questions about the local funding amount, contact Allen Watrud, Lodge President: [awatrud@gmail.com](mailto:awatrud@gmail.com)

Please **print** your personal information in the spaces below. Use the reverse side, if needed.

Camper Name: \_\_\_\_\_

Address: \_\_\_\_\_

Sponsoring Family Member or Guardian: \_\_\_\_\_

Relationship: \_\_\_\_\_

E-mail: \_\_\_\_\_

\*After providing the above information, please send this form to Vennelag President, Al Watrud for processing.

This form will suffice as notification to the Lodge that you are seeking a matching grant for participation. It will be discussed and approved at the March Board meeting. Applications for attendance are due to the District 5 Youth Director by April 1, 2021. For further information: [www.massemoro.org](http://www.massemoro.org)

#### LOCAL LODGE ENDORSEMENT

The members of \_\_\_\_\_ Lodge, 5-\_\_\_\_\_, have voted to endorse this applicant for Masse Moro Norwegian Heritage Camp for the 2021 season.

Enclosed is check number \_\_\_\_\_ in the amount of \$\_\_\_\_\_.

\_\_\_\_\_  
Date of Application

\_\_\_\_\_  
Signature of the Local Lodge President or Secretary

**\*Make checks payable to:** Sons of Norway, District 5.

Please include the camper's name on the memo line of the check.

**\* LODGE APPROVAL SHOULD BE POSTMARKED by March 15, 2021, providing time for mailing and delivery.**

Camp registration materials are due on April 1, 2021 and should be sent to the address below.

**LODGES: PLEASE SEND THIS FORM AND THE ACCOMPANYING ENDORSEMENT CHECK TO:**

Sandra Olson, D5 Youth Director  
733 250<sup>th</sup> Street  
Woodville, WI 54028



## TYPING NORWEGIAN VOWELS

	Mac keyboard: Hold down the option key and press the following key simultaneously:	Windows keyboard: Hold down the ALT key, and type these numbers on the numeric keypad (num-lock must be on)	Windows and Mac Norwegian keyboard. If you have installed a keyboard, use these keys:
æ	option '	alt 145 or alt 0230	' (apostrophe key)
Æ	option "	alt 146 or alt 0198	shift '
ø	option o	alt 0248	; (semi-colon)
Ø	option O	alt 0216	shift ;
å	option a	alt 134 or alt 0229	[ (left square bracket)
Å	option A	alt 143 or alt 0197	shift [

For those members who have a recent version of Word, there is an option along the top ribbon for inserting a symbol. One will find the Norsk vowels there.

## WEEKLY NEWS OF THE FIFTH DISTRICT

Each week, the District 5 Board of Directors shares information about the programs they lead. If you would like to see the current news of District 5, access it on the District 5 webpage: [www.sonsofnorway5.com](http://www.sonsofnorway5.com). Follow the top ribbon on the page to *News & Events*. Click on that tab and a dropdown menu will lead you to the FFFNews, the *Friendly Fifth Friday News*. Originally intended for Lodge leaders, the FFFNews has recently been made available for all members. A calendar of events is provided at the end of the posting each week.

### The 2022 District 5 Convention will be held in Middleton, WI.

**Date: June 15-19, 2022**

Sunday, June 19 is only for D5 Board members  
(new members & retiring ones)

**Location: Madison Marriott West**

**1313 John Q Hammons Dr.**

**Middleton, WI 53562**

**Room Rate: \$132 per night (2 queen beds, up to 4 people per room)**

**Hosted by Idun Lodge 5-074, Madison, WI**



## Understanding Norwegian Character

To understand Norwegian character, one first needs to understand the geography of Norway. It is not simply a big country with a small population. It is a big country with a small population that is exceptionally inconvenient to travel around. Crossing fjords, traversing mountain ranges, most roads, with few exceptions are single lane. Trains are required to stop in passing places to allow other trains travelling in the opposite direction to pass. There are plans on the drawing board for water tunnels in some places in Norway to ease the summer traffic congestion. Where possible, more mountain tunnels and roundabouts will see the light of day.

Most of the Norwegian population has lived in isolated communities of several hundred or thousands. This isolation has had a profound effect on Norwegian character. Over centuries, Norwegians have developed a deep dislike of crowds. The average Norwegian is consumed by a desire to be alone whenever possible. Those from the country rarely travel to the cities, and those who live in the city will spend hours driving to isolated areas where they can be on their own in nature.

The Norwegians are not social people and social situations make them feel uncomfortable. This is because social situations require small talk, and there is nothing more alarming than making small talk. Fear subsides with a few libations but the taxation on alcohol ensures that this happens rarely. If you plan to travel to Norway, it is a good idea to pack some of your favorite spirits.

The desire for solitude means that relations are categorized, and Norwegians keep large parts of their life secret from others. Friends are reserved for enjoying hobbies, so Norwegians have a variety of friends central to each hobby. Colleagues remain in the workplace, and it is extremely rare for a Norwegian to invite a colleague over for dinner.

For the average Norwegian, the ultimate good time is hiking 12 hours up a mountain with a trusted friend in total silence. When reaching the top, they enjoy a cup of thin coffee from a flask and a Kvikk lunsj bar, speaking only to say how nice it is to be alone. Then they turn around and head down the mountain for another 12 hours. Every Norwegian home proudly displays a framed photo of the two friends at the top of the mountain with the unspoiled view of the countryside behind them. If life gets too busy, they can look at the picture and reminisce about better more silent times.

Tulloch Scott, C., Ed. *Xenophobe's Guide to the Norwegians*. Xenophobe's Guides, 2014.

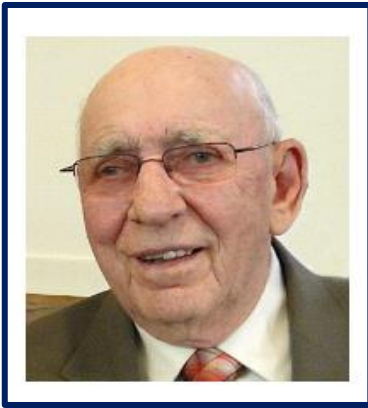


We are looking a new webmaster to maintain the Vennelag webpages and to post the bi-monthly newsletter. Updates typically should be needed only once or twice a month. We are open to discussing compensation or an in-kind trade for services rendered.

Please contact Lodge President Allen Watrud: [awatrud@gmail.com](mailto:awatrud@gmail.com), if you, your kids, grandkids, or others are interested.

Takk for omtanken (Thanks for your consideration),

Allen



*Photo Submitted*

Harland K. Rue, age 96, of Mt. Horeb, died peacefully on Thursday, January 21, 2021 at St. Mary's Hospital in Madison. He is survived by his loving wife of 72 years, JoAnn, and their family.

It was a privilege to spend time with Harland and JoAnn and to present them with their Golden Membership certificates on behalf of the Sons of Norway International and our lodge.

Takk for alt, Harland

## *Norway's Rising Star Winter Athletes*

With its snowy climate and ample trail access, Norway is an ideal place for athletes to train and excel at winter sports. Norway is home to some of the world's finest winter athletes. Norway has won more Olympic medals than any other nation since the first Winter Games in 1924. Included here are the stories of three young athletes that you might want to follow.

At the age of 4, [Silje Norendal](#) strapped on her first snowboard, and she has never looked back. In 2014, she won a gold medal at Aspen's Winter Games before heading to the Olympic Games in Sochi where she competed in the women's slopestyle event. She has won four X Games gold medals and is known for her stylish riding and jumping maneuvers. She is one of the Top 20 X Games Snowboarders of All Time.

[Mats Zuccarello](#) started ice skating on the ponds near his home in Oslo as a child. At age 18, he made his hockey league debut, followed by playing time in the Elite Swedish League. He represented Norway at the Vancouver Winter Games and was spotted by scouts for the National Hockey League (NHL). He was signed in 2010 by the New York Rangers and is one of eight Norwegian nationals playing hockey on this side of the Atlantic. Today, the 33 year is a passer for the Minnesota Wild franchise. Committed to giving back to his home country, Zuccarello has established the Zuccarello Foundation and supports grass roots sports in Norway.

A new cross-country ski phenomenon from Norway is [Johannes Høsflot Klæbo](#), 24. His grandfather gave him his first pair of skis at age 2, and the Trondheim native has become sensation in his sport. At age 21, he won three gold medals at the Olympics in PyeongChang in 2018, making him the youngest Olympian in his sport. He has gone on to win numerous other international events, and he is the youngest male to attain these honors.

**It has been said that Norwegians are born with skis on their feet. That is not far from the truth. Watch this video on [Twitter](#) to learn more.**



Visit Norway on Twitter: "So, is it true that all Norwegians are born with skis on their feet? Or is it just a legend? Watch this video to find out 😊 ...  
Twitter  
Nov 9, 2020

Source: [Sons of Norway Blog](#)





Arctic spring flowers on Svalbard Source: [depositphotos.com](https://depositphotos.com)

## 7 Nordic-Inspired Ways to Celebrate Spring

As late winter gives way to Spring, here are some Nordic-inspired ideas to celebrate the change of seasons.

1. Be inspired by natural beauty and savor the stillness of each morning by photographing the sunrise over several days or weeks.
2. Pick your favorite Norwegian cookie or bread and fill your home with the inviting scent. Then surprise a friend by sharing your homemade treat.
3. Every spring brings changes to our lives. Take time to handwrite a letter to an old friend you have not seen in months or years and ask, “what’s new?”
4. Enjoy a walk in the warming weather. Look for budding trees and new growth on shrubs and bushes. Have some early spring flowers like snow drops or daffodils started to pop up?
5. Is there a cultural skill you want to explore this year? Consider a skill you are curious about but have never tried. Even better, share the fun of learning by inviting a friend or family member to join your exploration.
6. Fill a bird feeder and your birdbath if temperatures permit. Keep a birding guide handy to identify returning migratory birds. When will the first robin of the season arrive?
7. It has been said that when you plant kindness you gather joy. As you go about each day, live your Nordic values with simple acts of kindness to others and add joyful moments to your life!

Source: *Sons of Norway Blog*



### What is the Sons of Norway?

- A link to modern Norway
- Sharing of culture, heritage, and customs
- Opportunities for volunteerism and philanthropy
- A fraternal organization whose caring history spans 126 years.



## Cultural Pin for Music



Source: [depositphotos.com](https://depositphotos.com)

*The Norse Afternoon of Fun* was canceled for 2021, but you can mark your calendar for the second weekend of February 2022 or take some time to watch their virtual presentation.

The dancers have their own Facebook

### **Stoughton Norwegian Dancers**

If you are like me and miss the joy that seeing friends brings you. I have found a possible solution. Music has helped ease some of the stress that I have from not seeing anyone.

Luckily, the Sons of Norway has a cultural pin that encourages listening to folk music. There is a recommended listening list. For those who do not want to purchase the discs, there are a few ways to get them. Call the SofN headquarters and request a set. You can also log into the website and follow the links to the *YouTube Playlist*. If needed, ask headquarters staff for a consultation, and obtain substitute list of tracks.

Following is an outline of what you will need to do to earn your pin:

#### **Unit 1:**

- Listen to four (4) tracks of music.
- Fill out the response forms for those tracks and then complete an elective (cannot be duplicated on another music unit).
- Fill-in the evaluation form and submit them to me. I will send them to the headquarters for crediting.
- If this approach does not interest you, I suggest ignoring the previous paragraph and search your song delivery service or library for Norwegian songs. I have found some gems via the South-Central Library System, in a vinyl record format! You will need a turntable to listen to the recordings, but I am sure that you will enjoy them.

I am hoping that listening to the music will remind me of the days I spent learning the Hambo, dancing the Røros, or participated in the midnight mixers at Folklore Village. This music will make the day much more bearable. Do not forget to search for current composers, as many of them produce music that is just as good as the old-time originals. Continue your family's music traditions or begin some new ones today!

In my personal collection, I have many original songs from composers who are still living and who make the folk songs of old relevant to the modern era, and I love them! If you are lucky enough to be able to attend a concert and talk with the artists, the music experience becomes more meaningful.

Good luck in your music travels!

Tiffany ([whtetigger05@hotmail.com](mailto:whtetigger05@hotmail.com))





Source: *Norway Today* POSTED BY: ROBIN-IVAN CAPAR 10. FEBRUARY 2021

*Will the purchases of more electric cars make the construction of tunnels in Norway cheaper? A bonus in converting to the use of e-vehicles will be the reduction of costs associated with ventilation systems in the tunnels. NOK 300 million can be cut in the development of the ventilation system in the Rogfast tunnel alone.*

The Norwegian Government's climate goal for all new cars being sold by the year 2025 is zero-emission-free. That compares to the U.S. goal of emission reductions by 2035.

"With less emission from cars, we need less ventilation than before," Minister of Transport Knut Arild Hareide (KrF) noted, emphasizing that such a move would not affect safety in Rogfast. "We hope that the reduction in emissions from cars can lead to cuts in the second tunnel in the future," the Minister of Transport added.

The Rogfast Tunnel will be the world's longest and deepest underwater road tunnel, connecting the Stavanger area with Haugalandet. The cost for the tunnel is set at NOK 24.8 billion.



***Litt Norsk hver dag-A little Norwegian each day.  
Sign-up to receive your daily dose af Norsk via e post!***

**Do you have a change of address?**

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Please inform Duane Kittleson of any change in mailing address or email. You may make a request to discontinue the printed copy and to receive an email copy. Takk for hjelpen oss!

Our newsletters are always available in color on the District 5 website: [www.sonsofnorway5.com](http://www.sonsofnorway5.com)

**\*Find us on the web: [www.sonsofnorwaymthoreb.org](http://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. You can forward the newsletter, too! Thank you for helping Vennelag Lodge to grow younger and promote an appreciate for Nordic heritage.**

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