

Vennelag News

Please mark your calendars!

*Unless otherwise noted, all Board meetings will be held at Culver's Restaurant at 6:30 PM.

Lodge meetings are held at the Mt. Horeb Community Center, 107 N. Grove Street.

MARCH 11, 2020 BOARD MEETING

MARCH 15, 2020 LODGE MEETING

MARCH 17, 2020 HAPPY ST. PATTY'S DAY!

MARCH 19, 2020 1ST DAY OF SPRING

APRIL 8, 2020 BOARD MEETING

APRIL 12, 2020 GOD PÅSKE-HAPPY EASTER!

**APRIL 24, 2020 NAGC GENEALOGY CLASS
(Carpooling from MOHO, 7:00 AM)**

APRIL 30, 2020 LODGE MEETING



Ord fra Presidenten-A Word from the President

Ahhhh...winter in Wisconsin!! One must stop and wonder what our ancestors were thinking. Were they thinking, "What are we doing here?" It's possible they were noting the similarities to winter in their native Norway, and they chose to embrace it! I hope so. At least, that was the gene I inherited.

With the passing of the mantle of leadership, we're working on the lines of communication to our members. I hope that you are receiving both the e-blasts (either electronically or via the U.S. Mail), and the bi-monthly *Vennelag News*. If not, please let me know so I can fix it.

We've got some great upcoming events in 2020 that you can read about herein including an emphasis on genealogy and the upcoming 2021 trip to Norway that promises to be awesome.

And once again we need to thank Cheryl for her many years of service as the President, for the work she did to organize and streamline this job and to keep the Lodge vibrant. As we go forward, I will paraphrase Alan Shepard's prayer while sitting atop Mercury 1, waiting to blast off into space for the first time in US history: "Dear God, don't let me mess it up now." Takk for at du leste (thanks for reading).

Allen

Register for Vesterheim's classes in Mt. Horeb by selecting: <https://vesterheim.org/folk-art-school/>

SCANDIHOOVIAN FEST WEEKEND...Alt for Vennelag's Hobby Horse Races!

Thank you, Martin Amundsen, Steve Frame, Harley Skjervem, Davi Penne, Arlene Watrud-Krueger, and Cheryl Wille-Schlesser for directing this new event. Several Lodge members came to watch the races.

Takk til deg også!

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.

Tips for Preserving Cherished Family Heirlooms-Sons of Norway News Service

No matter their condition, it is a joy to display your heirlooms and share the memories they evoke. Here are a few tips on caring for your heirlooms:

Keep heirlooms out of bright sunlight and away from heat sources to avoid fading. Clean surfaces gently, using soft cloths.

Dust wooden furniture and apply a beeswax-based polish up to twice a year. Clean painted wooden items with a damp cloth, then wipe dry. Avoid silicone polishes and abrasive or ammonia-based cleaners on wood, silver, pottery, or painted/gilded glass.

Clean pottery with a soft sponge. Wash silver in hot soapy water, then dry and buff.

Vintage textiles are too delicate for the gentlest machine wash. Handwash only.

Water may damage silk or wool items, and wet embroidery can bleed dyes. Spot cleaning may be your best option. Always test a small area first. Experts recommend a gentle, neutral-pH detergent like Orvus Paste for cleaning old fabrics.

Old stains and yellowing may be impossible to remove. To minimize discoloration, use cotton bags and avoid storing textiles in plastic bags or containers.

Caring for your sølje (sterling filigree jewelry) Use a very soft brush and a mild liquid soap to remove body oils. Rinse thoroughly. DIP in liquid silver cleaner. Do NOT soak or leave in the cleaner. Rinse and dry with a jewelry cloth. Store the jewelry in a plastic bag or a plastic box to limit the oxidation process.

DOING THE DAB!



Prince Sverre Magnus, the Crown Prince of Norway is shown dabbing for the cameras. Dabbing or “the dab” is a simple dance move or gesture in which a person drops his or her head into the bent crook of a slanted, upwardly angled arm, while raising the opposite arm out straight in a parallel direction.

Prince Sverre Magnus is third in line to the throne of Norway, following his grandfather Konge Harald V, his father Crown Prince Haakon, and his sister Princess Ingrid Alexandra. Sverre Magnus turned 14 last December.

Prince Sverre Magnus enjoys skiing and biking - primarily BMX and cross. He shares the joy of water sports, and especially surfing, with the rest of his family. Currently, he attends a Montessori school in Oslo.

News Source: [Wikipedia.com](https://en.wikipedia.org/wiki/Sverre_Magnus)

Photo Credit: [dailymail.co.uk](https://www.dailymail.co.uk)

NORWEGIAN MEDICAL TERMINOLOGY

Berquist Imports, Cloquet, Minnesota

Artery-The study of paintings
Barium-What you do when CPR fails
Caesarian Section-A district in Rome
Colic-A sheep dog
Coma-A punctuation mark
Congenital-Friendly
Dilate-To live longer
Fester-Quicker
GI Series-Baseball games between soldiers
Hangnail-A coathook
Medical Staff-A doctor's cane
Morbid-A higher offer
Nitrate-Lower than a the day rate
Node-Was aware of
Outpatient-A person who has fainted
Post-operative-A letter carrier
Protein-In favor of young people
Secretion-Hiding anything
Serology-The study of English knighthood
Tablet-A small table
Tumor-An extra pair
Urine-Opposite of you're out
Varicose Veins-Veins which aren't close together

NEED A SCHOLARSHIP?

APPLY NOW!

Vennelag Lodge is offering a \$1,000 scholarship for a deserving high school senior. Go to our website:

www.sonsofnorwaymthoreb.org

to download your application today!

Please note the application is time-sensitive; apply no later than March 1, 2020. You may also contact Arlene Watrud-Krueger for an application.

akrueger@chorus.net

[Check out the Sons of Norway Blog for the Latest News from Norway!](#)

www.SofN.com Follow the top ribbon!

The cool climates of Denmark, Norway, and Sweden have never been thought of as a locale for winemaking, but times are changing. As the planet warms, entrepreneurs are beginning to lay the groundwork for the Scandinavian wine industry. One goal of these vintners is to develop a thriving white wine market in the region, as those who live in the North prefer white wine to its red cousin.

Norway's boasts of 12 vineyards today. The growth of this emerging market is evident, but it is minute in comparison to those in Italy, France, or Spain. A space comparison can help one to understand why. Well established wineries have over 10 million acres for cultivation while the European Union (EU) countries of Sweden and Denmark have had 1,000 acres approved for production.



Philanthropy has long been a hallmark of Vennelag's service to the Mt. Horeb Area Community. Recently, the Lodge donated a gift basket to the Optimist Silent Auction. Included was a new member application, and we welcome back the Tranel Family to the SofN!

Norwegian Vocabulary: 3 Untranslatable Words

Some words are easily translated from Norwegian to English—*hund* means dog, for instance, and *ti* means ten—but others, like these, have no English equivalents and can only be approximated.

Kos(elig) — The warm, pleasant feeling of enjoying life’s simple pleasures with people you like. Although often translated as “nice” or “cozy,” these words only capture part of the spirit of *kos*. It may mean cuddling by a fire on a snowy day, but it can also mean running into an old friend, enjoying yourself at a party, or even spending some peaceful time alone.

Dugnad — Roughly translated as “volunteering” but encompassing so much more, a *dugnad* is a day when communities come together to participate voluntarily in unpaid work for a common cause. *Dugnads* may be organized by neighborhoods, schools, sports teams, housing complexes or other groups to accomplish tasks that are necessary for the common good, such as outdoor work at the change of seasons.

Takk for sist – Literally “thanks for the last time,” this is what you say upon encountering someone you haven’t seen in a while—whether that means it’s been a few days or a few decades.



Dis and Dat with Allen Watrud

President Allen Watrud took the helm of the S.S. Vennelag on Sunday, January 19, 2020. One should know that Allen is a fun-loving and active member who loves to think outside of the box. Share your ideas for Lodge programming with Allen!

About me...I live in Middleton and have been married to Martha for 44 years. We are the proud parents of two children and have 6 grandchildren. Matt is a veterinarian in Stoughton and Lindsey is a nurse practitioner in the Atlanta, GA area.

I worked in IT for 40 years after graduating from UW-Platteville, retiring from CUNA Mutual in 2008 and from Great Lakes Higher Education in 2013.

In my free time, I enjoy downhill skiing, hiking, biking, kayaking, traveling and reading (mostly history). In addition to SofN, I volunteer for the Henry Vilas Zoo (train engineer). I am a member of the Middleton Lions and serve on the Middleton Good Neighbor Fest Board of Trustees.

One of my biggest thrills while on Vennelag’s trip to Norway in 2017 with my sister Arlene was traveling to Jevnaker (after becoming lost and almost ending up in Sweden) and finding the family farm where our great great grandfather Jens grew up. We spoke at length with the family now living there, and we look forward to visiting the farm once again in 2021.



Gratulerer med dagen!

Her Royal Highness Princess Ingrid Alexandra was born on 21 January 2004 at Rikshospitalet University Hospital in Oslo. The Princess is second in line of succession to the throne.

The Princess was christened in the Palace Chapel on 17 April 2004. It was her grandfather, His Majesty the King, who presented the Princess for baptism.

Photo: Lise Åserud, NTB Scanpix <https://www.royalcourt.no/>

Norway 2021

Initial contact has been made with Borton Overseas Travel for Vennelag's return trip to Norway. It is hoped that our members can enjoy dinner or dessert inside the Little Norway Building (Thams Pavilion) while we are staying close to Orkdal. Local musicians will be requested, too, hopefully making for not only a tasty but a culturally satisfying evening.

Leaving from Trondheim our group plans to visit some new territory. We should be able to take advantage of the daylight hours into the evening. The journey will include the cities of Bodø, Tromsø, and the Lofoten Islands. In Kirkenes, members will board a Hurtigruten Cruise taking the southern passage back to Bergen, which Borton staff advises is more affordable.

If you have strong feelings about where this northern journey should go, please contact Steve Frame, as he is collecting locales for this trip: dhcows@tds.net.

Do you want to visit with your relatives? Extension options are available on either end of the trip. *Borton prefers that there is one contact for this excursion. Tammy Hermanson who is a travel professional and a member of our Lodge has agreed to be that representative. She will coordinate plans with the Borton staff and is the one who will arrange ground transport to and from Chicago. It will be her responsibility to handle any other needs Vennelag members have here in The States. Tammy has been asked to have a tentative itinerary to the Lodge by the end of March. All is dependent on the Borton staff for making this request a reality.



Genealogy Workshop for Vennelag Members at NAGC April 24th

Dana Kelly, Executive Director, Norwegian American Genealogical Center and Naeseth Library

Dana Kelly has been conducting family research since the age of 12, and this experience led her to UW Madison and the Scandinavian Studies Department. Kelly is a graduate of the University of Wisconsin-Madison with a double major in Scandinavian Studies and Sociology. She has also earned a certificate in European Studies. She speaks and writes Norwegian and has traveled extensively to Norway visiting the fylker (counties) of her ancestors. Kelly is a member of several heritage and genealogy groups and has served on the board of the Koshkonong Prairie Historical Society. Dana will speak to Vennelag members about her passion at the March 15, 2020 Lodge meeting. Vi ses og snakkes snart (We'll see you and talk soon)!



Photo: The Norwegian American

**COME TO OUR
Talent POTLUCK!**

Can you sing, would you dance,
Do you know a joke or two?
Would you play an instrument?
Even a skit would do!

Your talents are needed
At our April Hullabaloo.
All skill levels are wanted
So, show us what you do!

Get your act together
And sign up for the show.
For questions and information

Here is who you need to know...

awatrud@gmail.com-Allen

whtetigger05@hotmail.com-

Tiffany

rgoplin@charter.net-Ron

KOKEBOK-COOKBOOK

We are ordering new Vennelag Sons of Norway recipe books. If you have any new recipes to add, please send them to Mary Gullickson-Krantz at laffalot@mhtc.net or via snail mail:

217 N. Brookwood Dr., Mt. Horeb, WI
53572

Deadline: March 1, 2020

How is your reading progressing for the SofN literature unit? Your Literature pin is waiting! Questions? Ask Karen Eberhardt or Tiffany Schwoerer for assistance.

Next to *Viking* magazine, one of the most valuable benefits of one's membership is the SofN discount program. Discounts on a wide spectrum of products and services from local and national retailers are available.



Connect to www.perkspot.com and establish an account. Begin saving today!

BARNEBIRKIE FEVER!



Photo Courtesy of 2020 ©American Birkebeiner® Ski Foundation

WHY WE SUPPORT THIS EVENT...IT'S THE KIDDOS!

When 13,000 skiers and their families are coming to town, mange kjeks (cookies) are needed! We didn't disappoint, and people were on a quest to find the SofN table. The car was packed to the roof with cookies and the other supplies needed to showcase this District 5 event.

Tusen takk, members, for your contribution to this special celebration of the Nordic lifestyle. Vennelag bakers sent 148 dozen cookies of many sizes and varieties. You make a difference!

The Barnebirkie is always a great family event, and it is so fun to see the youngest skiers, approximately ages 2-3 for their first ski race. What the American Birkebeiner Foundation understands is how to grow their organization younger. Once hooked on skiing as a child, these participants have a high chance of progressing through the ranks and will one day ski in the American Birkebeiner. How can Vennelag borrow this idea for our future recruiting?



Photos courtesy of 2020© American Birkebeiner Ski Foundation

TUBFRIM

Save used stamps and expired or used phone cards for Tubfrim to help disabled children and youth in Norway. Cut, leaving about ¼ inch around each stamp on all sides. Bring them to a lodge meeting.



***Please, never throw away canceled stamps and phonecards. Stamps and phonecards from any country in the world can be used.**

Just cut or tear the stamps off the envelopes, leaving a slight margin (approx. 1/2 inch) to keep the perforation intact. Damaged stamps (damaged perforation, edges etc.) are worthless and are to be thrown away. (Damaged phonecards are also to be thrown away.)

We are also happy to receive stamp collections, old envelopes, covers and postcards. If envelopes, postcards etc. are more than 50 years old, then please do not cut off the stamp, but send us the whole envelope/postcard!

***Save used stamps and phonecards for: TUBFRIM, Box 1, NO-3541 NESBYEN, NORWAY.**

All type of stamps and phonecards are received with thanks. We give them a "new" value.

The U.S. coordinator for Tubfrim is Mary Bennett, co-President of Idun Lodge in Madison. Mary has an entire closet in her basement filled with boxes of stamps! You can help her to get them sorted and on to the International Office quicker by trimming the stamps ahead of time. Please leave a minimum border of ¼ inch around the stamps.

Do you have a change of address?

Please inform Duane Kittleson of any change in mailing address or email. You may make a request to discontinue the printed copy to receive an email copy notification when the newsletter is posted on www.sonsofnorway5.com.

Duane Kittleson
6225 Mineral Point Rd. Apt. D90
Madison, WI. 53705
Phone: 608-229-6738
email: dkittverona@gmail.com

Virtual Trip to Norway

Please submit your mileage for the virtual trip to Norway:

dhcows@tds.net

To date, the reported mileage is...
4209 miles SINCE November 1st!

***Remember to snap a photo of yourself working out!**

Sami bidos (Stew) Recipe: *From Recipe Reminiscing.wordpress.com*

Bidos is a stew the Sami serve at weddings or other special occasions. It consists of slow-cooked reindeer meat, including the heart, potatoes and carrots. No seasoning is used, yet the stew has a rich taste reflecting the pasture of the reindeer.



Ingredients:

- 1.1 lb. / 500 g filet of reindeer or reindeer steak**
(other big game or even beef can be used of course but then the authenticity is lost)
- 4 Tbsp. flour**
- 2 pt. / 10 dl water**
- 4 potatoes**
- 2 carrots**
- 1/2 onion**
- 1 tsp. salt**
- 1/4 tsp. pepper**

4 servings

Procedure:

[1] Cut the meat into cubes, and place in a casserole.

[2] Make flour thickening by mixing flour and about 3 ml or 1/2 tsp. of water (cold). Pour flour thickening and remaining water over the meat. Bring to the boil, stirring to avoid lumps in the sauce.

[3] Peel potatoes and cut them in half. Peel carrots and cut them into thick slices. Chop the onion. Put the potatoes and vegetables in the pot and cook until potatoes are tender.

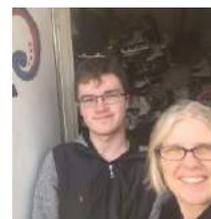
[4] Season with salt and pepper. If you want a darker sauce you can add a few drops of caramel. Serve bidos (stew) with freshly baked whole wheat bread, butter and cranberries.

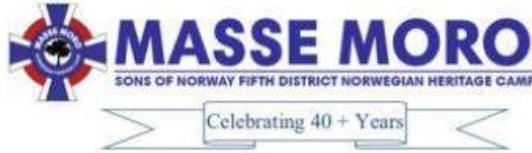
To get nice color and good taste on the dish, it is important to pour the flour thickening over the meat before starting to cook it.

Tip: Leek and other vegetables can be added to the casserole for variation. But then it is no longer a simple and authentic bidos (stew) but tastes incredibly delicious anyway!

Grundahl Warming House Looks Spiffy with Its New Paint Job!

Former Sports Director Davi Penne and incoming Youth Director Martin Amundsen spruced up the Norwegian-themed paint inside of the warming shelter. Davi collected many pairs of skates, but she reports more adult skates are needed. If you have a pair of skates to share, please bring them to a Vennelag meeting. The cost of sharpening is our donation to the residents of Mt. Horeb.





Masse Moro Message from Sandra Olson, District 5 Youth Director

To our Sons of Norway members, leaders, and friends:

This is the year of 2020...my 20/20 vision for you is to invite young people to an experience that will for a lifetime, Masse Moro Heritage Camp. Masse Moro gives young people that Nordic Experience. We are delighted to announce that Zachary Garner and Keir Kristiansen will be returning as our Masse Moro Co-Directors. We are looking for a maximum of 60 to 65 campers, so to help us better plan for a super camp experience, we encourage early registration by April 1st. The dates for Camp this year are July 12-20.

There are many opportunities for campers to lower their cost for camp, please check them out.

Early Bird Benefits: Early registrants get a better chance at scholarships and lodge matching funds, so register by April 1st.

Registration and Supporting forms can be found at www.massemoro.org at the District 5 website.

Bring A Friend: Campers can bring a new camper and they will both receive \$25 off your tuition (both registrations and the total cost for camp must be postmarked by April 1, 2020 to receive this benefit).

Get Your Match: Campers are encouraged to check with their local lodge for supporting scholarships. To receive the matching funds (up to \$150) from District 5 campers must complete all paperwork by May 17th.

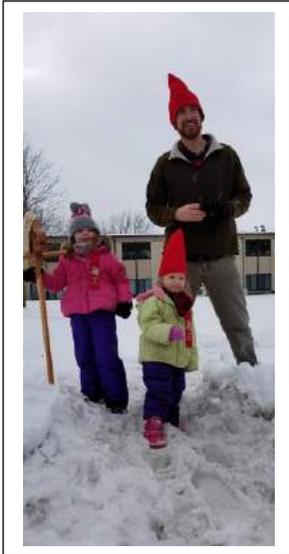
Looking for additional Masse Moro scholarships and information? Check out the Masse Moro website at <http://www.massemoro.org>

Information concerning scholarships can be found at Youth Scholarships and District 5 Scholarships section of our Scholarships page.

Hilsen,

Sandra Olson
District 5 Youth Director
733 250th Street
Woodville, WI 54028
(651) 208-3333 packerland@baldwin-telecom.net

****Any Vennelag youth who wishes support for Camp must turn in their request in writing to Lodge President, Allen Watrud by March 15th. E-mail: awatrud@gmail.com***



**Scandihoovian Fest 2020
It was a “horsey” kind of fun!**



On February 1st, the Sons of Norway held its first Hobby Horse Races in celebration of the Scandihoovian Fest. At 10:00 AM, families gathered on the lawn at the Evangelical Lutheran Church, to ride the finest wooden horses bred in Mount Horeb! Tusen takk goes to the technical education students of Mr. Tim Killinger at Mount Horeb Middle School who crafted the wooden horses. They were raced across the white fields of the church's front lawn. A longer pathway sculpted into the snow allowed older riders to have more of a challenge. The ages of the riders ranged from 2 to 70+ years. This proved to be the perfect place for families to enjoy the Mt. Horeb’s Scandihoovian Festival, and more horses for next year are on order!

Brats in the Lot, June 27th, Miller’s Supermarket, Mt. Horeb, Bake Sale items needed. Questions? Contact Rita Schraepfer-Derke: 608-220-7565

