

Sons of Norway offers Norwegian fare for all tastes and ages



Carol Erstad and Marilyn Maurer demonstrated how to make heart-shaped waffles and the various toppings that Norwegians use on the waffles at the recent 3rd grade event. There were 18 stations at the event which had over 200 students from four schools.

Photo submitted by Darlene Arneson

Submitted by Darlene and John Arneson

Sons of Norway is a fraternal organization for people with an interest in Norwegian heritage and culture. At Mandt Lodge, those opportunities include fish boils, Norwegian cooking clubs, reading groups, sending youth to a summer heritage camp, participating in District events, Norwegian movie nights, bowling and sporting events, card parties and much more. The lodge is involved in many community events including hosting Chamber of Commerce bus tour dinners, Relay for Life Team Sponsor, and donating to various groups and organizations. You can learn more about Sons of Norway by visiting www.sofn.com or www.sonsofnorway5.com. We also have a Facebook page: Sons of Norway Stoughton WI.

Mandt Lodge has over 215 members and has been recognized on the District and International level as a leader in

cultural and youth programs, outreach in the community, and offering a variety of sport and social activities. The public is always welcome at any Mandt Lodge activity or trips they host. The lodge also plays bingo the third Saturday of each month, plays kubb throughout the summer, and has a variety of other activities, classes, bake sales, and baking clinics. They also host many bus tours and groups as a member of the Chamber of Commerce and continues to facilitate the Stoughton Norwegian Summit Group.

The lodge meets on the second Wednesday of the month at 7 p.m. except during Lent and December when it meets on the second Thursday. A variety of other cultural meetings are scheduled for the other months and will vary in dates. Anyone is welcome to attend any lodge meetings or events. Membership information is available at www.sofn.com or by contacting Jane Conner at 608-873-1696 or Darlene Arneson at 608-514-

4951 or arnesonfamily5@gmail.com

Sons of Norway-Mandt Lodge will showcase Norwegian foods for all tastes and ages this Syttende Mai as it offers sit down meals featuring meatballs, herring and a variety of baked goods! With their signature donuts and lefse as staples in the bake sales, the lodges will offer rømmegrøt all three days at its outside stand by the lodge.

Mandt Lodge will have food sales in three locations during Syttende Mai. Outside of the lodge building at 317 South Page Street, rømmegrøt, baked goods, and varme polse will be open Friday 1 p.m.-6 p.m.; Saturday 10 a.m.-5 p.m., and Sunday 11 a.m.-3 p.m. (or after parade). It will also be the location for bulk sales after the parade of foods offered on the serving line if there is any left.

The lodge will continue its bake sale and beverages at the Slinde Interiors tent location offering Norwegian and American baked sale items, packages



Todd Fossum had a table-top kubb set to help the 3rd graders learn about the Viking lawn game kubb. Mandt Lodge has Sunday night practices in June and July and co-hosts the Stoughton Kubb Invitational with the Stoughton Kubb Club on July 27.

Photo submitted by Darlene Arneson



Cheryl Schumacher shared various styles of rosemary at the recent 3rd Grade Cultural Event. Mandt Lodge offers several rosemary classes each year.

Photo submitted by Darlene Arneson

of lefse and donuts, coffee and cold beverages. That location will be open on Friday 1-7:30 p.m., Saturday 10 a.m.-6 p.m., Sunday 11 a.m.-4 p.m.

Syttende Mai Luncheons will be served inside the lodge at 317 South Page Street, serving on Saturday, 10 a.m.-4 p.m.

and Sunday, 11 a.m.-2 p.m. The ala carte luncheon buffet offers Norwegian and American items and baked goods, meatballs, red cabbage, wiensers, lefse, rømmegrøt, søt suppe, riskrem, and beverages. Bulk sales will be available after the parade on Sunday outside of lodge.

The lodge also offers bingo on Saturday at 6 p.m. Join Sons of Norway-Mandt Lodge as they host an evening of bingo and fellowship. Bingo with cash and door prizes. Food will be offered after 5 p.m. and during the bingo break at 317 South Page Street.

Nursing Assistant graduates at Madison College

Submitted by Kelly Moehling

A new group of nursing assistants have completed their training at Madison Area Technical College's Fort Atkinson campus and is ready to begin careers in the health care field or continue training in various medical related programs at colleges and universities. Madison College's Nursing Assistant (NA) class is a 3-credit, 120 hour class that is offered each fall, summer and spring semester. The NA class prepares students for employment as nursing assistants and is a pre-requisite for many health care career programs. Students learn basic nursing and personal care skills, client rights, care of clients with dementia, and communication skills. A supervised clinical experience with direct client care is a major component of the course and gives students real world experience with patients. MATC's NA class is recognized by the Department of Health Services as a

nurse aide-training program. Upon successful completion of the program, students are eligible for certification testing (written and skills) for the Wisconsin Nurse Aide Registry. Certification is required for employment in nursing homes, hospitals, home health agencies, hospices, and homes for the developmentally disabled. Students completed the basic Nursing Assistant course under the direction of instructors Ellen Haines and Deborah Scullin.

Madison Area Technical College's Fort Atkinson campus will run three different class options this summer. The hybrid mode of instruction will be offered Monday through Thursday, June 6 through Aug. 12 from 8:30 a.m. - 2 p.m. The evening section will be offered Monday through Thursday nights from June 3 through Aug. 5 from 4:30 - 9:30 p.m. The day section will be offered Monday through Thursday, July 9 through Aug. 8, from 8:30 a.m. - 3 p.m.



Pictured front row, left to right, Julia Jahnke, Edgerton; Tori Ricketts, Cambridge; and Kaitlyn Knipfer, Cottage Grove. Second row, left to right, instructor Deborah Scullin, RN; Thomas Czernek, Whitewater; Sarah Jaap, Sun Prairie; Chassidy Olson, Edgerton and instructor Ellen Haines, RN.

Photo submitted

Free legal and financial planning program

Submitted by Cori Marsh

Attorney Mike Vogel will discuss estate planning, advance directives, guardianship, powers of attorney, funeral planning and other important issues that may impact family caregivers.

The free program will be held on Thursday, May 16, at 6 p.m. at the Rock County Job Center, 1900 Center Avenue, Janesville, WI 53546. According to the National Institute on Aging, "Many people are unprepared to deal with the legal and financial consequences of a serious illness such as Alzheimer's disease. Legal and medical experts encourage people

recently diagnosed with a serious illness—particularly one that is expected to cause declining mental and physical health—to examine and update their financial and health care arrangements as soon as possible." The presentation is free and open to the public, reservations appreciated by calling 608-741-3615. Light refreshments will be served. Program is brought to you by the Aging & Disability Resource Center and the Alzheimer's & Dementia Alliance of Wisconsin.

For more information or to reserve a seat, please contact Cori Marsh at 608-741-3615 or cori.marsh@co.rock.wi.us.

TRIVIA

Trivia for May 15

This week we are re-running a favorite Trivia from May 2015. Test your knowledge of these unusual facts Good Luck. Diane.

1. What is the only substance on earth that is lighter as a solid than a liquid?
2. What area of the world supplies one-2fth of the world's oxygen?
3. What is the only continent on earth without an active volcano?
4. It took 55 years before the _____ (one word), invented in 1820, was put to use in society.
5. When high speed trains pass each other they must slow down or they will break their _____?
6. What cartoon character NEVER wore pants. But, whenever he got out of a shower he would always put a towel around his waist.
7. What famous painter only sold 1 painting his whole life and that was to his brother!
8. Babe Ruth kept a _____ under his cap to keep cool. What was it?
9. A Jiffy is an actual unit of time. 1 Jiffy = _____ of a second.
10. What is the only food that doesn't spoil?
11. In the Kentucky Derby, what is the age of the horse limited to?
12. A Golf Ball is made up of?

Bonus question #1 The first animal sent up to outer space was a _____?

Bonus question #2 _____ (what) can only eat with their heads upside down?

Bonus question #3 In what country was the game of Chinese Checkers invented?

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