



Budstikken

Wergeland Lodge #5/028 P.O. Box 3591, La Crosse, WI 54602-3591



November 2016

Volume 51, Issue 11

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Wergeland Kalender

- ♦ November 3, General meeting at Harry J. Olson center, 7:00
- ♦ November 8, 8:30 am, Board meeting at Perkins on Hwy 16 near the mall
- ♦ November 14, Deadline for Budstikken articles
- ♦ November 23, Budstikken mailed to members.
- ♦ December 1, Christmas banquet at Drugan's in Holmen. 5:00 social hour, 6:00 meal
- ♦ Saturday, Dec. 10 & Thursday, Dec. 15. Wergeland lodge ushering at La Crosse Community Theatre

Fra Presidenten



As was the case last year at this time, I am writing this month's letter from a cabin in Door County. We came later than usual this year and are surprised to find that the colors are just now at their peak. The weather is perfect also with highs in the 60's and overnight lows in the upper 40's. We are able spend a full week here this year and were even joined by our daughter who drove up from Chicago to spend the last four days with us. It has been a fantastic week and we are already looking forward to next year.

Fall also means that the church dinners are heating up. If you attend these then you know what they are like and if not pick one out and attend, I promise that you won't be disappointed.

As we close out the year, we have a couple of things coming up in our lodge to take care of. The first is to vote for the officers who will be leading our lodge in 2017. On page 5 you will see a list of this year's officer slate. Thanks to all who accepted nominations to return for another year and a big thank you to those who are taking on an officer position for the first time.

Also, don't forget that Ramona Johnson will have Christmas banquet tickets available at the November meeting. Drugan's Supper Club will again be hosting the event. The menu includes meat balls, cod, mashed potatoes, vegetable, salad bar and dessert. Price per ticket is \$22.00. If you are unable to attend the November meeting you can call Ramona at 608-788-7507. And be sure to stick around afterward for some extra Christmas cheer and our own Wergeland dancers performing. Stay warm and I will see you at the next meeting.

Dave

Next meeting: Thursday, November 3, 2016, 7:00 PM

Harry J. Olson Center, 1607 North Street, La Crosse



Program for November

November 3 "Making Heirlooms Usable Again, and Creating 'new' Heirlooms" by Karen Hankee of Westby

Karen Hankee is a farm girl from Richland County, WI who has been rosemaling for over 35 years. She has painted on a variety of objects from houses to miniature bowls. She has been helping to restore old antiques such as family trunks, painting them to look old and blending the new with the old so they can be brought into a home and enjoyed again. She also faux paints new objects to look old and rosemals unconventional things for fun and also creates heirlooms for the future.



She will share photos and also bring a few pieces of rosemaling along. She is a member of Solvang Lodge, Westby, WI.



November Birthdays

3 Emily Rodriguez
 3 Kristy Stokke
 5 Kathryn Anderson
 6 James Halverson
 8 Nancy Loper
 8 Lois Willinger
 9 Julia Forde
 10 Paul Amundson
 10 Alexandria McGuire
 10 Paulette Widener
 11 Michael Everson
 11 Laura Gonia
 13 Tamara Nowland
 13 Ilene Pavelko
 13 Shirley Schoenfeld
 14 Michael Anderson
 14 Greg Hart
 15 Garth Gregerson
 15 Theresa Heiser
 17 Erik Coaty
 18 Harley Evenson
 19 Erin Ross
 22 Laurine Woxland
 22 Lorraine Hagen
 23 Mark Dregne
 23 Joan Everson
 25 Eleanor Mull
 26 Mary Amundson
 27 Katiya Gombard
 27 Lois Tolvstad
 28 Susan Carlson
 28 Connie Erickson
 28 Shafer Stromwall
 29 Stephanie Stokke
 Howe
 30 Sally Olson



Lunch providers for November 3 meeting

Sandwiches (2 1/2 dozen): Dorothy Paulikas, Heather Jacobson, Marilyn Rudser, Lil Malzacher, Kathy Anderson, Lynn Curtis

Cakes: Char Vangen, Pam Kundtson, Sue Corbisier, Dan Hammes, Bev Ranus, Ramona Johnson

Pickles: Corrine Abegglen, Agnetha Ames, Dee Johnson

Members are asked to donate \$2 per person at the lunch table for lodge expenses.

Program for December

Our own Wergeland dancers will entertain at the Christmas banquet to be held at Drugan's. Be sure to attend this great annual event if you can.

Sekretær Notater...

Minutes of the October 6, 2016 meeting

President Dave Glomstad commenced the meeting at 7:07 p.m. He welcomed the members and guests.

The group recited the Pledge of Allegiance and sang the Canadian, Norwegian, and American National Anthems.

The President called for the introduction of new members and guests. There were none.

The President welcomed the Lodge back to the Harry J. Olson Senior Center, where the Lodge first began. He thanked all those, especially Marilyn Rudser, for their efforts in finding the Lodge a "new" home.

The President recognized all those with October birthdays. *Happy Birthday* was sung in celebration.

The President wished everyone a happy Leif Erikson Day. He discussed how our forefathers' navigational skills were phenomenal.

The President announced that the Minutes of the September 2016 general Lodge meeting were approved by the Board at the September Board meeting and filed in the Minute Book.

The Treasurer Marilyn Rudser presented the September Treasurer's report: The Checking Account had a beginning balance on September 1, 2016 of \$619.03. The Lodge had total income of \$1,961.25 (which includes a transfer of \$1,000.00 from the Savings Account) and total expenses of \$1,720.89 (which includes a transfer of the President's charitable bike ride funds of \$229.50 to the Scholarship Account). The ending account balance as of September 30, 2016 was \$1,720.89.

The Scholarship account had a beginning balance as of September 1, 2016 of \$1,077.00 and an ending balance as of September 30, 2016 of \$4,347.50. The Memorial Account had a beginning balance as of September 1, 2016 of \$1,892.65 and an ending balance as of September 30, 2016 of \$1,692.65. The Sons of Norway Savings Account had a beginning balance as of September 1, 2016 of \$7,071.39 and an ending balance as of September 30, 2016 of \$6,071.39.

The Treasurer asked for assistance with completing the final moving issues. She welcomed everyone to the Harry J. Olson Center, of which she is the President. She requested help in setting up tables and chairs for each Lodge meeting. She has 12 calendars left for sale. When they are gone, they are gone.

The President announced the Christmas banquet will be held at Drugan's on December 1, 2016. Tickets will be available for sale in November for \$22.00 per ticket.

The President asked for fundraising ideas to bolster our financial standing.

(Continued on page 6)

Hidden Heroes, World War II in Norway

As a funding effort for Masse Moro camp, the District 5 board has put together and published a book

Hidden Heroes: World War II in Norway

Sons of Norway - District 5



entitled "Hidden Heroes: World War II in Norway". The book contains 20 stories written by Sons of Norway members who experienced this episode in history first hand. This book is written in much the same style as our Wergeland Remembers book. \$5 from each book sold goes directly to Masse Moro camp. If you are interested in purchasing a book for yourself or as a Christmas gift, let President Dave

know as soon as possible and we will get our order in. These books are printed on demand so please allow three weeks for the printing and shipping of your copy. The books start at \$25 but the price will decline the larger our order becomes. The price will drop to \$16.67 if our lodge purchases 15 copies

CONVENTION

CORNER

The steering committee tasked with planning the 2018 District 5 Convention had its first meeting since the contract with the Radisson was finalized and is off and running. As of that meeting, our convention planning lineup looks like this:

Co-chairs: Dave Glomstad and Ann Kathan

Treasurer: Adrian Johnson

Registration committee: Shirley Schoenfeld & Karen DeSchepper

Cultural committee: Carol Stekel, Joe Stekel, Frieda Nowland, Lynn Curtis, Sandy Stavlo

Publicity: Dave Glomstad

Food & Banquet committee: Florence Overgard, Doris Henderson, Ramona Johnson, Mar Sween.

Coffee break committee: Dee Johnson

We are also looking for chair people and members for the following committees.

Ways and Means committee:

Visitor's tours committee:

Site committee:

If you would like to be on any of these particular committees or just want to help out in a small way, let any of the people listed above know or stop in at one of the planning committee meetings coming up. The dates are:

Monday, Nov. 14, 11:30

Monday, Dec. 12, 11:30

All meetings are held at the Radisson hotel in downtown La Crosse.

New meeting times will be announced shortly for 2017.

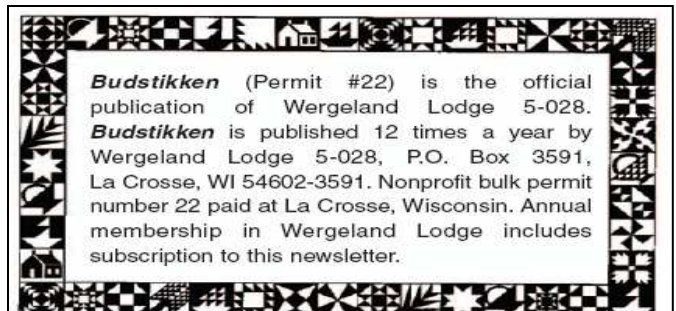
Til minner om...

Einar Olson, age 94, from Sparta. He had been a member for 40 years when he went into the nursing home. His wife **Jane**, died in 2001. His parents were immigrants from Norway. Einar and Jane used to come to all the meetings.

Ellen H. Olson, age 84 from Houston MN. Ellen is a member of our lodge and also a **sister of Frieda Nowland**. Ellen had been a member for 23.5 years. She was a very talented person in wood carving, Norwegian knitting, painting, hand-woven rugs, quilts, hand-made dolls. She had 5 children and several grandchildren. She was a friend to us all. Our sympathy to her family and **Frieda and Ron Nowland**, and twin brother **Ellert**.

Condolences til...

Marilyn Trisch on the death of her brother **Eugene Johnson**, age 83, of Rapid City SD. Marilyn flew there to be with his wife and family.





KAREN'S KORNER

KAREN'S KORNER

The speaker at our April meeting, Bill Schrankler, presented a program called *'Shadows of Time, Minnesota's Surviving Depots'*. He told us that both his mother and his grandmother had arrived on an 'Orphan Train' from New York, to be adopted by families in Minnesota. We now have the book **ORPHAN TRAIN** by Christina Baker Kline in our Sons of Norway library, donated to us by my sister, Mary Scarseth-Kelly, who lives in Chicago. How wonderful for the speaker's grandmother to select another orphan child from the train for her own! She would know first-hand what it feels like to be an orphan traveling cross-country, hoping for a better life in the Midwest, hopefully a life quite different from the crowds, hectic pace, and poverty experienced in New York City.

What would a small child traveling on a train feel? Lots of fear, maybe some excitement? Afraid that they won't be selected by a family? Afraid that if they are selected, it could be a mean family? Will they be able to go to school or only work on a farm? Will they have new brothers and sisters? Will they receive new clothes? Are there dogs or cats or other animals? Will the family go to church? Many questions and expectations.

This historical novel from 2013 tells the story of Vivian Daly, an immigrant orphan originally from Galway County, Ireland, sent by train to the Midwest for adoption. In later years, Vivian moves back east, to the coast of Maine. The book flashes back and forth between contemporary life in Maine to her childhood during the Great Depression in Minnesota. Her life eventually intersects with Molly Ayer, a Penobscot Indian foster teen, working on a community service project to avoid Juvenile Detention. An unexpected friendship develops – there are sometimes second chances in life. The story of Vivian and Molly is one of many thousands that could be told. It is estimated that between 1854-1929 the trains transported over 200,000 abandoned, orphaned, or homeless children to the Midwest, the West, and other states. New York, New Jersey, Connecticut, and Pennsylvania also welcomed many of the orphans. Estimates are that there are over 2 million descendants of the orphans on those trains.

Karen Scarseth,
Librarian



Looking back through the Budstikken by Historian Karen Broadhead

Fem år siden (5 years ago)2011

Member Glenn Borreson presented the November program, titled "The Significance of Rølvaag for Today", based on the writings of Ole Rølvaag, Norwegian author and professor at St. Olaf College in the early 20th century. Borreson stressed how some of Rølvaag's themes are still current today.

Librarian Karen Scarseth announced the addition of a new book for the library. It is titled *The Sledge Patrol* by David Howarth. It is described as a "World War II Epic of Escape, Survival and Victory," true stories of Norway during the war and occupation of the country by Germany.

The Norwegian Garden, part of the International Friendship Garden in Riverside Park, is nearing completion. Wergeland Lodge and a grant from the Sons of Norway Foundation donated \$7500 toward the Torvtak entrance to the gardens. Members also donated money for sidewalk bricks. In all, over \$36000 has been raised for the Norwegian garden, half coming from Sons of Norway members.

Several members traveled to Decorah, Iowa during the visit of King Harald V and Queen Sonja from Norway.

Ti år siden (10 years ago)2006

Karen Trzebiawtowski of Fountain City presented the November program, titled "The Art of Norwegian Sweaters." She brought many sweaters to show and tell about.

Several Wergeland Lodge members made Norwegian baked goods or displayed craft items for the Onalaska Middle School Ethnic Night.

Wergeland Lodge donated \$1000 to Norskedalen and purchased Deb Nelson Gourley's book "Norwegian Settlements" for La Crosse County libraries.

Femten år siden (15 years ago)2001

Ellen Olson and Ken Melby presented the November program titled "Fun With Woodcarving." They described the history of woodcarving and showed the kinds of wood to use and the various carving tools.

Florence Overgard walked the Fall 15, a fifteen-mile walk from Onalaska to Trempealeau.

President Leif Marking thanked members for their generous donations to the Sons of Norway Foundation for disaster relief following the September 11 attacks on our country.

Ruth Everson spent an extra three days in Iceland while on her way home from Norway, due to all planes being grounded because of the September 11 attacks.



2017 Officers

Office	Name
President	Dave Glomstad
Vice President	Ramona Johnson
Counselor	Adrian Johnson
Secretary	Kathi Beane
Assist. Secretary	Ann Kathan
Member. Secret'ry	Shirley Schoenfeld
Treasurer	Eugene Johnson
Assistant Treasurer	Mark Dregne
Co-Social Dir.-Special	Ramona Johnson (Apr-Dec)
Co-Social Dir.-Special	Betsy Stannard
Co-Social Dir.-Special	Florence Overgard
Co-Social Dir.-Special	Mary Berg
Co-Social Dir.-Special	Doris Henderson
Co-Social Dir - (Aug-Nov.)	Lynn Curtis
Co-Social Dir - (Aug-Nov.)	
Co-Social Dir - (Jan-Apr.)	Sue Corbisier
Co-Social Dir - (Jan-Apr.)	
Co-Foundation Director	Ilene Pavelko
Co-Foundation Director	Beverly Nelson
Youth Directors	Hayli McQuire & Montaya
Sports Director	Carla C. Burkhardt
Co-Cultural Director	Frieda Nowland
Co-Cultural Director	Mary Sween
Musician	Anne Farning
Ass't. Musician	Karan Mathison
Historian	Karen Broadhead
Greeter & Raffle Sales	Orlando Wadel
Greeter & Raffle Sales	Carole E. Wadel
Ass't. Greeter	Ron Nowland
Ass't. Greeter	Frieda Nowland

Lead Marshal	Richard Marking
Marshal	Arlen Henderson
Marshal	Fred Johnson (Apr-Nov)
Marshal	Gary Corbisier
Marshal	Gary Knudtson
Marshal	Dan Hammes (after meetings)
Auditor, (1st Yr)	Marilyn Rudser
Auditor, (2nd Yr)	Marlene Mc Cabe
Auditor, (3rd Yr. chair)	Al Forde
Trustee, (1st Yr)	Dan Hammes
Trustee, (2nd Yr)	Agnetha Ames
Trustee, (3rd Yr. chair)	Joe Stekel
Budstikken Editor	Dave & Carla Burkhardt-(July-Dec)
Co-Publ Dir -Pix, ads &	Carol Stekel

**Tusen
Takk
to all of
the people
listed here!**

(Continued from page 2)

The President asked for volunteers to act as ushers at the Weber Center in December for the Christmas show on Saturday, December 10, 2016 and Thursday, December 15, 2016. Both dates are fully staffed with volunteers, but extra volunteers are needed as substitutes.

The Marshals passed the Sons of Norway Foundation cans for donations.

The President announced that the Nominating Committee has been diligently working. The following Officer positions need volunteers: Membership Secretary; Treasurer; Co-Social Director for January through April; and a Co-Foundation Director. Shirley Schoenfeld has job descriptions for each officer position. The Lodge also needs Committee members for Budstikken mailing; Membership; a Name-tag chairman; and Scholarship Committee.

The President read communications received: Thank you cards were received from Katie Canepa and Joanna Ender for their scholarships.

The President has communicated with the District 5 Treasurer and shared the book *Remembrances of World War II in Norway*, which was self-published by SON District 5. \$5.00 of every book sale goes directly to the heritage camp Masse Moro.

The Charter was draped in memory of Carol Bohlig. The group observed a moment of silence in her memory.

Laura Ira announced that we have new name tags. All members should pick up their name tags. If you recruited a new member last year and did not pick up your recruitment certificate, please pick it up.

The President gave a status update for the planning of the 2018 District 5 Convention to be hosted by our Lodge in LaCrosse, Wisconsin at the Radisson. Anyone interested in volunteering for a committee is encouraged to let the President know.

The President announced: The next general Lodge meeting is Thursday, November 3, 2016 at 7:00 p.m. at the Harry J. Olson Center at which we will vote on next year's officers. The Wergeland Dancers will hold their practices at the Harry J. Olson Center on Tuesday evenings from 7:00 to 8:00 p.m. The next board meeting is Tuesday, October 11, 2016 at 8:30 a.m. at Perkins by the Mall.

There were no further remarks for the good of the order.

Counselor Adrian Johnson conducted the raffle drawing. Richard Granum had the winning number and was the winner of \$33.00. Gretchen Jacobson's name was drawn from the general membership and she won \$33.00. The remaining \$33.00 was added to the Lodge's Scholarship Fund.

The President thanked the officers and members for their time and efforts. He adjourned the meeting at 7:39 p.m.

Counselor Adrian Johnson closed the meeting by encouraging people to step forward and volunteer for Officer and Committee positions. He described the Budstikken folding get-togethers which are great fun. He asked that peace and harmony prevail in our Lodge.

The President announced he is going to be interviewed by the author Gary Legwold who wrote *The Last Word on Lefse*.

The closing song was foregone due to the illness of our pianist.

Co-cultural Director Shirley Schoenfeld announced that Blaine Hedberg could not present due to illness and she gave a presentation in his stead relating to a variety of upcoming Norwegian cultural events. Mr. Hedberg will be presenting a class on genealogy on Saturday, October 15, 2016 at the LaCrosse Public Library from 9:30 a.m. to 12:30 p.m. Registration is required. Bring your family history and questions.

Next month's cultural presentation will be made by Karen Henke on decorating with and restoration of Norwegian heirlooms.

Attendance: 73 adults plus 10 children = 83 total

Table collection: \$136.00

These Minutes were prepared by Ann Kathan, Lodge Secretary. They were approved by the duly convened Board on September 6, 2016. A copy of the August 2016 Treasurer's Report will be filed with these Minutes.

A little in English...

Seeing what you fear for short intervals can trick the brain into being less afraid.

Many are terrified of things they have little reason to fear—harmless spiders, heights, flying. The fear prevents them from traveling, sleeping outdoors or enjoying the view. Exposure therapy is a known tool in the treatment of phobias. By gradually exposing yourself to what you are most afraid of, your fear may actually be reduced. You are reassured that the creepy things won't hurt you. But this treatment does not work equally well for everyone. Swedish scientists have therefore tried a new twist to make it more effective: exposure to even more creepy things.

Bombarded with images

The researchers showed terrified subjects pictures of what they were most afraid of: big hairy spiders. Most participants were women in their 20s. All had had arachnophobia much of their lives. They still volunteered themselves to be intimidated by researchers for two consecutive days. The exposure on day one was that they saw many pictures of spiders in succession. But before the participants' brains were awash in spider images, they saw two pictures of spiders. This is supposed to awaken the old fear before the actual treatment. This happened either 10 minutes or six hours before the intensive slideshow. It turned out that those participants who saw the pictures right before the exposure began were less afraid than when they saw pictures of spiders the next day. A mini-exposure before the massive exposure may therefore appear to be helpful, researchers concluded.

Paid to look at spiders

To study fear, researchers measured both brain activity and how participants behaved. So, what is really happening in the brain when fear takes hold? Part of what happens is increased activity in the amygdala. This can be said to be the fear center in the brain. The researchers put participants in a brain scanner during exposure. They took the high activity in the amygdala as a sign that arachnophobia was manifested. The participants were also paid to push a button to see a picture of a spider. But was it worth it when the reward was only a few crowns? Not as much for the group that was still afraid. These participants were less willing to expose themselves to the unpleasant than those who had calmed the activity in their brain's fear center.

Litt på Norsk...

Å se det du frykter mest med korte mellomrom, kan lure hjernen til å bli mindre redd.

Mange er livredde for det de har liten grunn til å frykte – ufarlige edderkopper, høyder, å fly. Frykten hindrer dem i å reise, sove utendørs eller å nyte utsikten. Eksponeringsterapi er et kjent virkemiddel i behandlingen av fobier. Ved gradvis å utsette deg for det du er mest redd for, kan frykten faktisk bli mindre. Du blir trygg på at det skumle ikke skader deg. Men denne behandlingen virker ikke like godt på alle. Svenske forskere har derfor forsøkt en ny vri for å gjøre den mer effektiv. Enda mer av det skumle kan se ut til å være svaret.

Bombardert med bilder

Forskerne viste vettskremte forsøkspersoner bilder av det de var mest redd for: store, hårete edderkopper. Deltakerne var av begge kjønn, men flest var kvinner i 20-årene. Alle hadde hatt edderkoppfobi store deler av livet. De lot seg likevel frivillig skremme av forskerne to dager på rad. Eksponeringen på dag én gikk ut på at de fikk se mange bilder av edderkopper etter hverandre. Men før deltakerne badet hjernen i edderkoppbilder, fikk de se to bilder av edderkopper. Det skulle vekke den gamle frykten til live før selve behandlingen. Dette skjedde enten ti minutter eller seks timer før det intensive bildeshowet. Det viste seg at de av deltakerne som fikk se bildene rett før selve eksponeringen begynte, ble mindre redd da de fikk se bilder av edderkopper dagen derpå. En mini-eksponering før den massive eksponeringen kan derfor se ut til å være nyttig, konkluderer forskerne.

Betalt for å se edderkopp

For å undersøke frykten målte forskerne både hjerneaktivitet og hvordan deltakerne oppførte seg. For hva er det egentlig som skjer i hjernen når frykten griper tak? Noe av det som skjer, er økt aktivitet i amygdala. Dette kan sies å være selve fryktsenteret i hjernen. Forskerne la deltakerne i en hjerneskaner under eksponeringen. De tok høy aktivitet i amygdala som et tegn på at edderkoppfobien ga utslag. Deltakerne fikk dessuten betalt for å trykke på en knapp for å se et bilde av en edderkopp. Men var det verdt det når belønningen bare var et par kroner? I mindre grad for den gruppa som fortsatt var redd. Disse deltakerne var mindre villige til å utsette seg for det ubehagelige enn dem som hadde roet aktiviteten i hjernens fryktsenter.

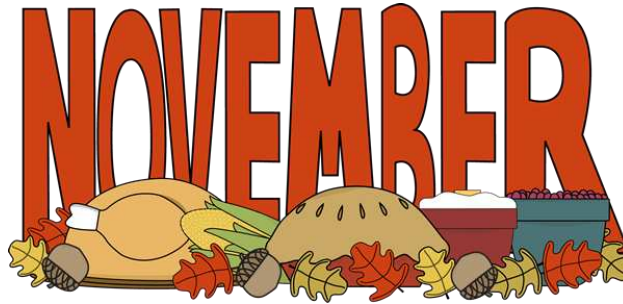
**Sons of Norway
Wergeland Lodge**

#5/028

P.O. Box 3591

La Crosse, WI 54602-3591

NOVEMBER 2016



Non-Profit Organization

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Permit No. 22

La Crosse, WI 54601

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Membership Secretary - Laura Ira 608-786-4749
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Norskedalen Activities

Throne Visitors Center:
(January 1-March 31)

Monday-Friday: 8 am to 4 pm

Saturday: Closed

Sunday: Closed

**Norskedalen 'Member's Use' Program in Place with Windshield
Parking Pass Sunrise time to Sunset time**



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