



**SONS of  
NORWAY**

# Budstikken

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



Facebook: [Sons of Norway La Crosse Wergeland Lodge](#)

February 2024

Volume 59, Issue 2

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## Wergeland Kalender

- ♦ Feb 1—6:00 Wergeland Lodge Meeting, Radisson Center, located on the corner of 2nd & Jay St
- ♦ Feb 13—5:30 Board Meeting at Perkins in Onalaska—ALL are welcome!
- ♦ Feb 19 —Deadline for Budstikken articles
- ♦ Feb 29—Budstikken mailed to members
- ♦ Mar 7— 6:00 Wergeland Lodge Meeting, Radisson



## Fra Presidenten



### Meet our 2024 President, David Hendrickson!

I was born in Madison in 1946. My dad and his mom and dad were born in La Crosse and left for Madison in 1925.

I went to school in Madison for 23 years; the last 10 years at the UW in Madison: BS and MS in Mechanical Engineering, then MD.

I spent the next 44.75 years as an Emergency Medicine physician with the last 18 years at Mayo La Crosse. My wife, Cindy Christian RN and I have three daughters, Rebecca Neubauer RN, Stephanie Kelley and Jessica Hendrickson RN.

We have 2 grandchildren Elenora and Marissa.

**Happy Valentine's Day**—hope to see you at the Feb.1 meeting.

### NEEDED this month!

- ♦ **COOKIES** for Barnebirkie—bring to February meeting. See page 2.
- ♦ **SERVERS** for Feb/Mar/Apr Lodge Meetings! (see p. 4 Dis og Dat)
- ♦ **CAKES** for Feb 1 Wergeland Lodge Meeting (see below)
- ♦ **A TREASURER!**



David's family left to right: Becky, Cindy, Jessie, Stephanie



## PROGRAM FOR FEBRUARY

**Squirrel is Alive:** Book by Mary Rostad presented by her daughter, Denise

**Lunch providers for the Feb 1 meeting:** We need a few items AND people willing to set up/serve.

**Sandwiches** (2½ doz): Lilly Jacobson, Dorothy Paulikas, Diana Hobson, Evonne Kundert

**Cake or bars** (9x13): Carla Burkhardt, \_\_\_\_\_, \_\_\_\_\_

**Pickles:** Carla Burkhardt (Dill), Diana Hobson (Sweet)

**Fruit or vegetable tray:** \_\_\_\_\_

**Call Linda Sherwood 608-784-9788 if you can assist. Thank you!**

**Members are asked to donate \$3-5**



## Februar Birthdays

- 3 Beverly A Berg
- 5 Monte J Hanson
- 8 Ronald A Nowland
- 13 Lorraine J Glanzer
- 14 Barbara Christianson
- 14 Willow Stokke Howe
- 15 Frances Bateman
- 15 Kennedy Lane Larson
- 15 Theadora Ranis
- 15 Marilyn J Rudser
- 16 Justin H Sanders
- 23 Darlene S Banks
- 25 Jill A Nelson
- 26 Jamie Maxwell-Basye

## Program for March

Janet Wollam with the Climate Alliance

## Sekretær Notater...

### January 4 Wergeland Lodge Meeting

Ramona brings meeting to order at 6:32.

Pledge was said and songs were sung.

Charter was draped for Phyllis Galstad, a moment of silence was observed in her memory.

Secretary's report was printed in the Budstikken and approved as printed.

Treasurer's report was read and approved as read. Adrian announces that we still need a treasurer! Please see Adrian if you are willing to help out.

Raffle: \$39.00 Winners: David Hendrickson, Trygve Mattison

January birthdays - birthday song was sung.

Old business - None

New business - None

Lilly Jacobson presented her pictures and talked about her experiences at Norwegian camp in Spring Grove the second week in June. A very delightful young lady.

Meeting adjourned at 6:59.

39 members present

Installation of officers for 2024.

Secretary, Kathy Anderson

### Treasurer's Report:

Dec 31, 2023 checking balance	\$1412.20
(which includes \$159.91 for Dancers)	
Dec 31, 2023 scholarship balance	\$1122.00
Dec 31, 2023 savings balance	\$12,904.14
Dec 31, 2023 Wergeland has	\$15,438.34



### BARNEBIRKIE Cookies: Bring to February Meeting

If you would like to donate cookies for the Barnebirkie in Hayward, **bake or buy cookies that don't contain nuts, and bring them to the February 1 meeting.** Please put them in a container that does not need to be returned. Carla Burkhardt will take them for the Cookie Tent sponsored by Sons of Norway at the Birkebeiner.



**ATTENTION!**

### Parking Ramp Announcement

The City of La Crosse has posted signs in "our" parking lot on 2nd and Jay Street that, like all ramps in the city of La Crosse, between the hours of 8:00 am and 6:00 pm, the cost to park is \$1 per hour. Since our meetings currently begin at 6:00 pm, there is risk of parking without paying.

Stay tuned, as this is something we will discuss as a lodge; there may be ideas that would to reduce the risk of parking such as adjusting our meeting times and/or agenda.

If you wish to pay to park in the ramp, the fees can only be paid online using the ParkMobile app on your mobile device/cell phone. See instructions at <https://www.cityoflacrosse.org/your-government/departments/police-parking/parking/parkmobile>.



Norwegian baking made an appearance at the January Lodge Meeting!



Support Directors



Program Directors

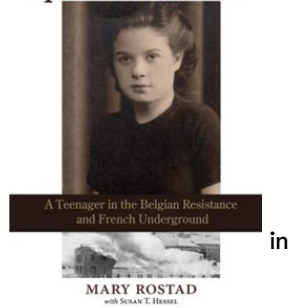


Executive Officers

### Program for February: *Squirrel is Alive*

Mireille (Mary) Rostad was born Brussels, Belgium between two World Wars. When the Nazis invaded her home country, teen-aged Mary began working with the Belgian Resistance and later the French Underground. After the war she met an American GI named Allen Rostad. They were married in Belgium, and settled Houston, Minnesota. Mary was a nurse at Lutheran Hospital for many years, and later in life began speaking to church, school, and civic groups about her experiences. Mary passed away in 2011, but in her final years was able to chronicle her story in the book *Squirrel is Alive*, first published in 2012. Her daughter, Denise, is honored to continue to share Mary's story, newly re-released in a revised version from Fulcrum Publishing in June of 2023.

### *Squirrel Is Alive* in



**From January: Lilly Jacobson** gave a great presentation about her week at Norwegian Ridge Language and Culture Camp in Spring Grove, MN. They learned about Norse Mythology, Norwegian food, and visited the Laura Ingalls Wilder museum in Burr Oak. Our lodge provided a scholarship to help with Lilly's registration fee. Next year's camp will be held June 17-21 and has the theme of "Dragons, Boats, and Trolls, Oh my!"



At the January meeting, we also held the **Installation of 2024 Officers**, including the installation (left) of new **President, David Hendrickson**.



## Dis og Dat



### NEEDED!

1. **Treasurer of Lodge:** The job description for Treasurer was printed in the January Budstikken.
2. **Two servers for February, March and April.** As a server for these months, you arrive at the Radisson Center at 5:00 to make coffee and set up the table for serving. At the end of meeting, clean up and put supplies away. Let **Linda Sherwood** know if you will do this by calling 608-784-9788. And **thank you** to all the people that serve from month to month, this is a vital part of our lodge meeting.

**Dave and Becky Glomstad** spent 12 days in Europe starting in Zürich, Switzerland, and ending in Paris while touring the Rhine and Mosel Rivers. Each day on the river included a daily on-shore stop and three great meals along with great scenery.



Dave and Becky's daughter has left the Chicago Bears and moved on to the United States Olympic Committee. She will be going to Paris during the Olympics in July.



Correction from January News about Mary Cary's nephew, Michael, and his wife's new baby: it should have read that **Micheal's** mother (Mary's sister-in-law) is Marybeth Sacquitne from Spring Grove.

## Looking Back

### Fem år siden (5 years ago) 2019

Natalie Kastman and Terry Benson from the Hillview Urban Agriculture Center presented February's Program about a holistic and regenerative approach to fighting food insecurity in our community.

Karen Broadhead and Bev Ranis, whose uncle Waldo Tangen (100) died December 21, 2018. Waldo and his wife Tina were members of our lodge awhile back. They joined in 1989 and went on a trip to Norway with Sons of Norway members. Tina passed away in 2004, and Waldo kept his membership until 2008 (19 years).

### Ti år siden (10 years ago) 2014

Youth Member Annie Skogen was crowned the winner of the fifth annual Miss Seven Rivers Outstanding Teen Pageant at Holmen High School. Annie is the granddaughter of Carolyn Skogen (Scott and Deb's daughter).

February's Program was presented by Marv and Louise Lang of Stevens Point entitled, "George Sinclair, The Scottish Invasion of Norway and the Battle of Kringen." This mo-

mentous event occurred near a farm known as Bredebygd at the spot called Kringen along the River Lågen in northern Gudbrandsdalen. The speakers presented this legendary week in Norwegian history with images and narratives from the recent 2012 Kringen Festival.

### Femten år siden (15 years ago) 2009

The District 5 Sons of Norway lodges continue their involvement in the famous ski race for children held annually at Hayward, Wisconsin. Lodges in District 5 were asked to supply cookies for the refreshments of the racers on Thursday, February 19 during the Barnebirkie at Hayward.

Pastor Donald Fox was busy with preparations for Lower Coon Valley Lutheran Church's 150th anniversary to be celebrated April 18 and 19, 2009.

Esther Mary Nicolay Ruud passed away on January 17, 2009, at Onalaska Care Center at the age of 95. She was a 28-year member of Wergeland and Norskedalen.

## Sons of Norway Mission Statement

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.



### Norskedalen Candlelight Hike

Come experience one of Norskedalen's trails in a whole new way! Formerly known as the Candlelight Snowshoe Hike, we want you to know that walking in boots or skiing are also great choices for this winter evening event. Regardless of what's on your feet, you're sure to be astonished by the captivating views and magical atmosphere as you hike a trail lit by luminaries. Afterwards, enjoy some smores and hot cocoa by the fireplace in the shelter or get cozy by the bonfire!



The **2024 date is March 8!!** See [www.norskedalen.org/events/candlelight-snowshoe-hike/](http://www.norskedalen.org/events/candlelight-snowshoe-hike/)

### Scholarship Applications are Open!

#### District 5 Scholarships

District 5 Scholarships have a deadline of **March 15**—see [sonsofnorway5.com/financial/district\\_scholarships.php](http://sonsofnorway5.com/financial/district_scholarships.php) for information.

The **application link** is: [sonsofnorway5.com/library/original/docman/2024ScholarshipsWittrockEideD5SonsofNorway.pdf](http://sonsofnorway5.com/library/original/docman/2024ScholarshipsWittrockEideD5SonsofNorway.pdf).

#### Sons of Norway Foundation scholarships

The following scholarships are for domestic opportunities and have a **February 15** deadline.

- \* Astrid G. Cates Vocational Scholarship
- \* Dan and Betty Rude Scholarship
- \* King Olav V Norwegian-American Heritage Schol.
- \* Myrtle Beinhauer Fund (membership required)
- \* Nancy Lorraine Jensen Memorial Scholarship Fund (membership required)
- \* Orel and Marie Winjum Memorial Scholarship
- \* Bernt Anker Scholarship
- \* Sissel and Roger Espeland Memorial Scholarship Fund
- \* Elaine Nelson Scholarship (membership required)

To find more information and to apply, visit [sofn.com/foundation/scholarships](http://sofn.com/foundation/scholarships).

### 15 Fun Facts About Norway

1. Norway is home to the world's longest road tunnel, the Lærdal Tunnel, which is 15 miles long.
2. The world's-most remote island is a Norwegian territory in the South Atlantic Ocean called Bouvet Island.
3. Norway has a 120-mile land border with Russia.
4. Norway is home to Hell, a small village within walking distance of Trondheim's international airport.
5. A Norwegian delegation introduced salmon sushi to Japan in the 1980's.
6. There are two official versions of the Norwegian language - Bokmål and Nynorsk.
7. Modern and ancient skiing were invented in Norway.
8. Norway has won more winter medals than any other country in Olympic history.
9. Europe's biggest herd of wild reindeer lives in Norway and roams Hardangervidda, Europe's biggest mountain plateau.
10. Norway has a volcano on the uninhabited island of Jan Mayen in the Norwegian Sea.
11. Norway gave the world the cheese slicer, which was invented in 1925 by Thor Bjørklund.
12. Norway isn't powered by oil - Around 98% of Norway's domestic power usage is drawn from hydroelectric power plants.
13. The Colonel-in-Chief and mascot of the Norwegian King's Guard since 1972, is a Scottish penguin named General Sir Nils Olav III, Baron of the Bouvet Islands.
14. No one knows exactly how long Norway's coastline is!
15. Norway supplies London with a Christmas tree every year as an ongoing thank you for Britain's help during WWII.

Source: [25 Fascinating Facts About Norway \(lifeinnorway.net\)](http://lifeinnorway.net)

### Kangaroo Words

A Kangaroo word is one which carries within its spelling (in normal order) a smaller word which is a perfect synonym for itself. For example, note how the word BLOSSOMS contains in its natural sequence, the synonym BLOOMS. Below are several more of these baby-toting members of the dictionary.

- |                |                 |
|----------------|-----------------|
| 1. EVACUATE    | 10. MATCHES     |
| 2. ENCOURAGE   | 11. PERAMBULATE |
| 3. PROSECUTE   | 12. PINIONED    |
| 4. CALUMNIES   | 13. JOVIALITY   |
| 5. RAFSCALLION | 14. CONTAINER   |
| 6. INDOLENT    | 15. REGULATES   |
| 7. PRATTLE     |                 |
| 8. DIVERSIFIED |                 |
| 9. RAMPAGE     |                 |

(answers on p. 6)

## Historic Landing in Antarctica

Last year, Norse Atlantic Airways made history by landing the first Boeing 787 Dreamliner on Troll Airfield in Antarctica. The Norwegian low-cost airline and its crew landed the plane on a blue ice runway approximately 9,800 feet long and 100 feet wide. The runway was prepared in advance for the landing by carving grooves in the ice for better traction. Other considerations that can complicate this type of endeavor are that weather conditions in Antarctica can change rapidly and planes landing on ice cannot use typical braking methods. They also must account for additional weight since planes cannot refuel and must carry enough in reserves for the return flight.

The aircraft left Oslo on November 13 with researchers and gear aboard. It then landed in Cape Town, South Africa for a layover before the final leg of the journey to



Queen Maud Land in north central Antarctica, completed on November 15. This area is claimed as a dependent territory of Norway and houses the Troll Research Station. While the wide-bodied 787 can carry over 300 passengers, it landed on the airstrip with a total of 45 scientific researchers and 12 tons of gear, equipment, and supplies. While the majority of researchers on this historic flight work for the Norwegian Polar Institute, researchers and scientists from other countries were also on board and heading to other research stations on the continent. This is a common occurrence, since the territory hosts 11 nations which can coordinate, pool resources, and share costs of the research they conduct.

The Boeing 787 joins a growing list of aircraft that have made a successful trip to and from Antarctica and is proud to also have made history in being the first Dreamliner to do so.

## Kangaroo Words answers from p. 5

- |           |            |            |
|-----------|------------|------------|
| 1. vacate | 6. idle    | 11. ramble |
| 2. urge   | 7. prate   | 12. pinned |
| 3. sue    | 8. diverse | 13. joy    |
| 4. lies   | 9. rage    | 14. can    |
| 5. rascal | 10. mates  | 15. rules  |

## Norwegian Pea Soup

Taken from The Global Gourmet by Concordia Language Villages, Moorhead, Minnesota\*

A favorite wintertime supper for Beverly Deeds, Edina, Minnesota, is this warming soup accompanied by slices of Swedish limpa bread and brick cheese. Tester Lisa Riddle, Minneapolis, found it as a delicious as it is easy to make.

### Ingredients

- 1 Lb green or yellow split peas
- 2 Quarts boiling water
- ¼ Lb lean salt pork (in one piece)
- 1 Large carrot, diced
- 1 Large stalk celery, including leaves, diced
- 5 Green onions, including tops, sliced
- 2 Tsp salt (varies with saltiness of pork)
- ¼ Tsp pepper

### Directions

Sort peas. Place in boiling water in large heavy kettle over moderate heat; add salt pork. Cover and simmer about 1-1/2 hours. Add remaining ingredients; cover and simmer, stirring occasionally, 1 to 1-1/2 hours or until quite thick (about the consistency of gravy). Add salt if desired.

\*This recipe is one of many available at [sofn.com/norwegian\\_culture/recipe\\_box/](http://sofn.com/norwegian_culture/recipe_box/) and is eligible for the Traditional Norwegian Cooking Cultural Skills Unit.



## A little in English...

### Life As An Acrobat

Bouhcine Ahchoun has traveled the world as a circus performer. Now he encourages young people to express themselves through art and physical activity.

How old were you when you started practicing acrobatics?

"I was six years old when I started learning acrobatics. I started on the beach in Aourir, Morocco with my older brother."

Aourir is an exciting city. Many tourists visit the city and there is a lot going on there. On the way to school, the boys saw several acrobatic groups playing music and dancing. Then they were inspired.

When did you become a professional acrobat?

"I was 14 when I started working. My first chance to work outside Morocco came four years later. Then I traveled to Chicago in the USA. I worked there as an artist. There I began my life's journey as an international acrobat."

After the long stay in the United States, Ahchoun traveled to Canada, China and Australia. He learned about different cultures and gained a wealth of experience. His creativity exploded.

### Exercises Everyday

How much do you exercise?

"I train every morning for two hours. Then I eat lunch. Afterwards I train for three hours. In the evening I have a performance."

What tricks do you do?

"I work with horses. I jump onto the horses. The horse runs and I jump backwards on the horse's back. It took me four years to learn that trick."

What qualities should a good acrobat have?

"A good acrobat should have discipline. A good acrobat is creative, limber and strong. Cooperation between colleagues is important. An acrobat must be brave and dare to show off."

### Do what you love, love what you do.

Ahchoun advises his students to train as professional acrobats. Then they can travel and see the world, if they want. They also have job opportunities in Morocco.

When Ahchoun does acrobatics, his body and head are one. It's like meditation. He is in flux. This is what he wants to teach young people. "Our body deserves the best through physical activity. A healthy mind in a healthy body."

Ahchoun wants the youth to trust themselves and love themselves.

## Litt på Norsk...

### Livet som akrobat

Bouhcine Ahchoun har reist verden rundt som sirkusartist. Nå oppmuntret han unge mennesker til å uttrykke seg gjennom kunst og idrett.

– Hvor gammel var du da du begynte å trene akrobatikk?

– Jeg var seks år gammel da jeg begynte å trene akrobatikk. Jeg begynte på stranda i Aourir i Marokko med storebroren min.

Aourir er en spennende by. Mange turister besøker byen og det er mye som skjer der. På vei til skolen så guttene flere akrobatiske grupper som spilte musikk og danset. Da ble de inspirert.

– Når ble du profesjonell akrobat?

– Jeg var 14 år da jeg begynte å jobbe. Min første sjanse til å jobbe utenfor Marokko kom fire år senere. Da reiste jeg til Chicago i USA. Der jobbet jeg som artist. Der begynte jeg min livsreise som internasjonal akrobat.

Etter det lange oppholdet i USA, reiste Ahchoun til Canada, Kina og Australia. Han lærte om forskjellige kulturer og ble rik på erfaringer. Kreativiteten hans eksploderte.

### Trener hver dag

– Hvor mye trener du?

– Jeg trener hver morgen i to timer. Så spiser jeg lunsj. Etterpå trener jeg tre timer. Om kvelden har jeg forestilling.

– Hvilke triks gjør du?

– Jeg jobber med hester. Jeg hopper på hestene. Hesten løper og jeg hopper baklengs på hesteryggen. Jeg brukte fire år på å lære meg det trikset.

Hvilke egenskaper bør en flink akrobat ha?

– En god akrobat bør ha disiplin. En flink akrobat er kreativ, myk og sterk. Samarbeid mellom kolleger er viktig. En akrobat må være modig og tørre å vise seg fram.

### Gjør det du elsker, elsk det du gjør.

Ahchoun anbefaler studentene sine til å utdanne seg til profesjonelle akrobater. Da kan de reise og se verden. Hvis de vil. De har også jobbmuligheter i Marokko.

Når Ahchoun gjør akrobatikk, er kroppen og hodet i ett. Det er som meditasjon. Han er i flyt. Dette vil han lære ungdommene.

– Kroppen vår fortjener det beste gjennom idrett. Et sunt sinn i en sunn kropp.

Ahchoun vil at ungdommen skal stole på seg selv og elske seg selv.

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

FEBRUARY 2024



#### OFFICERS TO CONTACT BETWEEN MEETINGS

**President** – David Hendrickson 608-386-0379  
e-mail: djhph@hotmail.com

**Vice President** – Heather Jacobson 360-259-9935  
e-mail: heatherjacobson27@gmail.com

**Treasurer**--

**Membership Secretary** - Carla Burkhardt 608-317-3262  
e-mail: carla.burkhardt8696@gmail.com  
*Send notices of deaths or address changes to the Membership Secretary*

**Secretary** - Kathy Anderson 608-269-6193  
e-mail: mkandersonfarm@yahoo.com

**Editor** - Carla Burkhardt 608-317-3262  
e-mail: carla.burkhardt8696@gmail.com

**Sons of Norway Fraternal Benefit Counselor** -  
Helge Enok Vestnes 715-878-9646  
W1741 Easterson Rd. Eleva, WI 54738  
e-mail: hevestnes@gmail.com

#### Norskedalen Activities

Throne Visitors Center

Hours From Nov - Apr:

Monday-Saturday from 9am--4pm  
Sunday from 11am--4pm



Admission rates for all programs with the exception of Heritage classes is \$6.00 for adults, \$3.00 for children, \$15.00 for families, and free for members of "Friends of Norskedalen."

All visitors, including Norskedalen organization members, should check in at the Throne Visitors' Center for your admissions, wristband, maps and information.

Norskedalen Members may use the Norskedalen grounds 365 days a year from sunrise to sunset. Member parking pass must be clearly displayed in front windshield while using Norskedalen grounds.

Non-members may only use Norskedalen grounds during regular business hours and must check-in with office staff to pay admissions and receive a wristband.

Norskedalen phone: 608-452-3424

Web site: [www.norskedalen.org](http://www.norskedalen.org)

E-mail Address: [info@norskedalen.org](mailto:info@norskedalen.org)