



**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](#)

March 2024

Volume 59, Issue 3

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Wergeland Kalender

- ♦ Mar 7—6:00 Wergeland Lodge Meeting, Radisson Center, located on the corner of 2nd & Jay St
- ♦ Mar 12—5:30 Board Meeting at Perkins in Onalaska—ALL are welcome!
- ♦ Mar 18—Deadline for Budstikken articles
- ♦ Mar 28—Budstikken mailed to members
- ♦ Apr 4— 6:00 Wergeland Lodge Meeting, Radisson



Fra Presidenten



Hope everyone is enjoying the recent warmer weather! I hope to see you all at our next meeting on Thursday, March 7th.

Remember that on Sunday, March 3rd, at 2:00 PM at the Weber Center, David Ellingson will present his program called Coming Home. It is about his month-long adventure paddling his kayak on two fjords in Norway. You can purchase tickets online at the Weber center website, <https://www.webercenterarts.org/event/coming-home-a-documentary/>.

Hope everyone can come to support David and to see the beautiful scenery along to Norwegian fiords.

Hope everyone will have a happy Easter on the 31st of March.

— Dave

District 5 2024 Convention: RACING TO THE FUTURE

Everyone is invited to the District 5 Convention to be held June 19-22, 2024, in Indianapolis, IN. Our lodge will send 4 delegates, covering a majority of their expenses. That said, anyone interested may register as an attendee. There are informational workshops, speakers, and displays with something

for everyone. See [https://](https://sonsofnorway5.com/conventions/delegate_information.php)

sonsofnorway5.com/conventions/delegate_information.php for more info.



Convention Pins

Convention Pins, a fundraiser for the Indianapolis event, are available for \$5 each and will be available at the March meeting.

NEEDED ASAP! Delegates to the Convention plus alternates! If you are interested, please contact Kathy Anderson at 608-792-5589



PROGRAM FOR MARCH

Janet Wollam with the Climate Alliance

Lunch providers for the March 7 meeting:

Sandwiches (2½ doz): Sally Olson, Karan Mathison, Bev Ranis, Karen Broadhead, Marilyn Rudser, Ilene Pavelko

Cake or bars (9x13): Dee Johnson, Lynn Curtis, Karen Saegrove, Doris Henderson

Pickles: Tom Monson (Dill), Nancy Solberg (Sweet)

Fruit or vegetable tray: Vivian Sacia, Carolyn Sorenson

Members are asked to donate \$3-5



Mars Birthdays

- 1 Marilyn L Silbaugh
- 3 Lori Anne Dubczak
- 4 Jean A Davis
- 4 Nancy N Solberg
- 6 David D Christianson
- 7 Cathy Jo Ells
- 10 Terry L Loper
- 10 Debra A Roe
- 11 Kathryn R Beane
- 16 Marlene C Mc Cabe
- 16 Elsie K Olson
- 20 Karen A DeSchepper
- 22 Lee E Grippen
- 24 Mary E Cary
- 25 Charles E Hanson
- 26 Robert Carlson
- 26 Annika Tanke
- 27 Hannah Tanke
- 28 Mark Joel Quade
- 28 Karen Ann Saegrove
- 29 Jayden Loper Schmitt

Program for April

David Engen from the Norwegian TV program "Alt Fra Norge"

Sekretær Notater...

February 1 Wergeland Lodge Meeting

David brings meeting to order at 6:35.

The Charter was draped for Robert Nickelson and Annette Sherry. A moment of silence was observed in their memory.

Guests were introduced.

The treasurer's report was read and approved as read.

The secretary's report was printed in the Budstikken and motioned by Lee Grippen and seconded by Trygve Mathison to approve.

Raffle: \$40.00 Winners – Lilly Jacobson & Karen Broadhead

Closing song - #40 & 42 "A Sailors Greeting"

Dave Glomstad – May peace and harmony reign in our lodge.

Meeting adjourned at 7:00

Members present – 52

Program – Book written by Mary Rostad "Squirrel is Alive" presented by her daughter Denise.

Secretary, Kathy Anderson

Treasurer's Report:

Jan 31, 2024 checking balance	\$1469.94
(which includes \$159.91 for Dancers)	
Jan 31, 2024 scholarship balance	\$1200.00
Jan 31, 2024 savings balance	\$12,904.14
Jan 31, 2024 Wergeland has	\$15,574.08

ATTENTION!

Updated Parking Ramp Information

Good news! After our discussion at the February meeting, I checked

the "corners" of the Jay Street parking ramp, and they have now installed machines that will take cash or card! Here is an enlargement of the payment area of the machine. This is good news for people who don't want to risk a ticket but also don't want to do the online ParkMobile option.

Similar machines are available in the 2nd St ramp to the east of our meeting room as was pointed out at the meeting.



Top and bottom of parking payment machine

Kondolerer til...

...til the family of **Annette Sherry**, who passed away on January 24, 2024. Annette was active in church, travel, and family activities, especially enjoying Bridge.

...til Marian and family of **Robert Mickelson** of La Crosse, who passed away January 18, 2024. Bob worked as an electrician for over 40 years.

Tusen Takk...

...til lunch providers at the February meeting! Again we had a beautiful spread, especially the sandwiches! Cheers to **Ramona Johnson, Mark Dregne, and**

Linda Sherwood for setting the making coffee!! And Tusen Takk in advance to **Ilene Pavelko, Pam Knudson, and Dave Glomstad** for answering the call to work the March



& April spreads.

...til those who baked cookies or contributed money toward purchase of cookies for the Barnebirkie in Hayward. The Barnebirkie was a running race (instead of skiing) with 443 kids participating. **Carla Burkhardt** (pictured below with Darlene Arneson, District 5 Secretary), helped with setup and serving of the cookies collected from all over District 5.



Program for March:

The March program will be Janet Wollam with the Climate Alliance. Her presentation will center on actions we can take to protect our planet.

From February: *Squirrel is Alive*

Denise Rostad told of how her mother, Mireille (Mary) Rostad, impacted WWII history. Mary found herself part of the resistance movement in Belgium and France, primarily as a courier of underground documents. Mary's book, now in a revised version avail-



able from Fulcrum Publishing, is entitled "Squirrel is Alive," referring to the coded message that would be slipped into radio broadcasts to let her family and compatriots know she was alive, as she needed to remain underground. The book describes her contributions, although her children did not know of this aspect of her previous life until far into their adulthood.

Denise displayed the 1986 Ellis Island Medal of Honor Award as well as brought Mary's wedding uniform (Lilly Jacobson modeled the top).



MARK YOUR CALENDARS!

Syttende Mai Banquet

Looking ahead to our Syttende Mai Banquet in May, note that the dinner will be on **Thursday, May 9** (2nd Thursday instead of our usual 1st Thursday) due to availability of Cedar Creek. Stay tuned for ticket information!



Dis og Dat



Kent and Mary Sween welcomed their first great-grandchild this past August! Congratulations!

Adrian and Ramona Johnson will be in Boise ID, for one month. They will watch their grandson play basketball on the state team and hope his school wins! Also, they will see their four great-grandchildren, ages 3 years old, 2 years old, and 4 months old.

Carol Stekel spotted this Norwegian Blessing at Our Saviors Lutheran Church in Westby when they attended the Lutefisk dinner. It reads, "May the ruts fit your pick-up. May your earmuffs always keep out the wind. May the sun shine softly upon your lefse. May the rains fall gently upon your lutefisk. And may the Good Lord always protect you from unnecessary uff-dahs."



Membership Directories

Wergeland Membership Directories will be available at the next meeting. Officers and Committee Members will receive a complimentary copy and others may purchase a directory for \$5 at the lodge meeting.



Looking Back

Fem år siden (5 years ago) 2019

Condolences to Esther Charlton, our former District 5 Cultural Director, on the passing of her husband Robert. He was a familiar face at many Sons of Norway events, meetings, and conventions.

The annual World Cheese Awards – known as the largest cheese only competition on the planet – has been bringing together cheese lovers from around the globe for over three decades. The event took place in Bergen, Norway. A home win for the local Norwegian cheese producer Ostegarden.

Ti år siden (10 years ago) 2014

The Wergeland Lodge youth presented the program at the March meeting. Their presentation was a combination of

singing and acrobatic entertainment.

In 2014 marked the bicentennial of the signing of the Norwegian constitution and Norwegian independence. The logo features a stylized "Ja Vi" and a heart, which refers to the Norwegian national anthem "Ja vi elsker" along with the dates, 1814-2014.

Femten år siden (15 years ago) 2009

The Norwegian Experience was a successful program, it was to recruit new members, because of the continued success of this program; Sons of Norway and Borton Overseas worked together again.

Cathy Ells provided information about a fundraiser for sponsoring a local scholarship for children or grandchildren of Wergeland members who are also Unge Venner members of our lodge.

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/



Scholarship Applications are Open!

District 5 Scholarships due soon

District 5 Scholarship Applications are due March 15. See the District 5 webpage (sonsofnorway5.com) for more information on our offerings. Completed applications are due on March 15, 2022.

The Sons of Norway Foundation provides numerous scholarships to our member families. Click the Foundation ribbon at the top of the SofN.com page to begin.



More photos from the Barnebirkie.

Luren Singers in Concert

On Sunday, March 10, the Luren Singers will present a concert in Winona. The concert will be held at Central Lutheran Church, 259 W. Wabasha St, at 3:00 pm.

In Concert

Luren Singers of Decorah, Iowa



Come, hear the oldest Norwegian-American male chorus in the world sing and entertain you.

Sunday, March 10 at 3PM

Central Lutheran Church
259 W Wabasha St. | Winona, Minn.



Douglas Poppen has served as assistant director since 2018



Dr. David Jutisch has served as director since 1975

Sponsored by  **SONS of NORWAY**

Free Will Offering • All Are Welcome



Scandinavian vs. Nordic

What's the difference between "Scandinavian" and "Nordic?" Good question! For those outside of the region, the terms often get used interchangeably. However, if you look a little closer, you will discover that they are not one and the same.

Geographically, Scandinavia refers to the peninsula that Norway, Sweden, and a small northern part of Finland sit on

The most common use of the term Scandinavia refers to the three countries of Sweden, Norway, and Denmark which share geography, language, and history

In general, speakers of Swedish, Norwegian, and Danish can understand each other well enough to communicate, because of the three languages' similarities

Sámi people who live in Norway and Sweden may not identify as Scandinavian because of the complicated history of assimilation policies the countries had

The term Nordic refers to five countries: Norway, Sweden, Denmark, Finland, and Iceland - and the autonomous regions those countries have jurisdiction over - the Faroe Islands, Greenland, and the Åland Islands

Nordic countries are linked by cultural, historical, financial, and political influence on each other

Nordic countries have a strong tradition of intergovernmental cooperation, with the foundation of the Nordic Council in 1952 that allowed citizens easy travel between the countries

You won't hear people refer to themselves as "Nordic" because it's often seen as an added layer of their Norwegian, Swedish, Danish, Icelandic, or Finnish identity.

Why 'tock-tick' does not sound right to your ears

Ever wonder why we say tick-tock, not tock-tick, or ding-dong, not dong-ding; King Kong, not Kong King? Turns out it is one of the unwritten rules of English that native speakers know without knowing.

The rule, explains a BBC article, is: "If there are three words then the order has to go I, A, O. If there are two words then the first is I and the second is either A or O. Mish-mash, chit-chat, dilly-dally, shilly-shally, tip top, hip-hop, flip-flop, tic tac, sing song, ding dong, King Kong, ping pong."

There's another unwritten rule at work in the name Little Red Riding Hood, says the article.

"Adjectives in English absolutely have to be in this order: opinion-size-age-shape-color-origin-material-purpose-noun. So you can have a lovely little old rectangular green French silver whittling knife. But if you mess with that word order in the slightest you'll sound like a maniac."

That explains why we say "little green men" not "green little men," but "Big Bad Wolf" sounds like a gross violation of the "opinion (bad)-size (big)-noun (wolf)" order. It won't, though, if you recall the first rule about the I-A-O order.

That rule seems inviolable: "All four of a horse's feet make exactly the same sound. But we always, always say clip-clop, never clop-clip."

This rule even has a technical name, if you care to know it—the rule of ablaut reduplication—but then life is simpler knowing that we know the rule without knowing it.

-from *Our State: Celebrating North Carolina* December 2023



Hot Fudge Pudding Cake

- 1 - 1/4 cups granulated sugar, divided
- 1 cup all-purpose flour
- 1/2 cup HERSHEY'S Cocoa, divided
- 2 tsps baking powder
- 1/4 tsp salt
- 1/2 cup milk
- 1/3 cup butter or margarine, melted
- 1 - 1/2 tsps vanilla extract
- 1/2 cup light brown sugar packed
- 1 - 1/4 cups water hot
- whipped topping (optional)

Heat oven to 350°F. Combine 3/4 cup granulated sugar, flour, 1/4 cup cocoa, baking powder and salt. Stir in milk, butter and vanilla; beat until smooth.

Spread batter in ungreased 9-inch square baking pan. Stir together remaining 1/2 cup granulated sugar, brown sugar and remaining 1/4 cup cocoa; sprinkle mixture evenly over batter. Pour hot water over top; do not stir.

Bake 35 to 40 minutes or until center is almost set. Remove from oven; let stand 15 minutes. Serve in dessert dishes, spooning sauce from bottom of pan over top. Garnish with whipped topping, if desired.

A little in English...

It's Healthy to Let Your Mind Wander

Letting your mind wander in everyday life has an undeservingly bad reputation, a researcher has found.

Imagine that you have to work on a report the boss has ordered, but are gazing out of the window at the sun melting the dirty snow. In your mind's eye, you see the yellow crocuses at home in the garden. Have more arrived since yesterday, and maybe some tulips? You should not feel guilty about daydreaming.

"You should give yourself plenty of gaps in the workday to let thoughts come and go completely freely," says Professor Halvor Eifring at the Faculty of Humanities at the University of Oslo.

Half of our waking state

We spend almost half of our waking hours thinking about everything other than what we "must" and "should." Spontaneous thoughts make up a whopping 47 percent of our waking thought activity.

Researchers measured this by sending messages on smartphones to a number of people at random times, asking them what they are thinking about.

When we let our thoughts wander freely, the brain's default mode network, or resting network, becomes more active, research from 2007 shows. Later research has shown that this part of the brain is also involved in dreams.

Shifting focus ensured survival

We are genetically predisposed to occasionally stare at the birds in the air, the antelopes by the water, the wind in the trees and the warm air on the ground on the horizon.

Humans originated from the savannah of Africa, where we depended on seeing, hearing and smelling our surroundings to survive.

"It would be dangerous if we did not regularly shift the focus from the near to possible distant dangers, such as registering a predator that was approaching," he illustrates.

Spontaneous thinking fulfills eight functions

Eifring has collected research on the topic in several fields, and found that spontaneous thoughts can fulfill at least eight different functions:

- ◇ they act as comforting thoughts
- ◇ process bad feelings
- ◇ promote creativity
- ◇ help change your perspective if you are stuck
- ◇ process and interpret memories from the past
- ◇ contribute to increased self-understanding
- ◇ stimulate empathy
- ◇ prepare you for potential new challenges in the future

Litt på Norsk...

Det er sunt å la tankene fly

Å la tankene vandre i hverdagen har ufortjent dårlig rykte, mener forsker.

Tenk deg at du må jobbe på spreng med en rapport sjefen har bestilt, men gløtter ut av vinduet på solen som smelter den skitne snøen. For ditt indre blikk ser du de gule krokusene hjemme i hagen. Har det kommet flere siden i går, og kanskje noen tulipaner?

Slike dagdrømmer bør du ikke ha dårlig samvittighet for.

Du bør gi deg selv rikelig med luker i arbeidsdagen til å la tanker komme og gå fullstendig fritt, mener professor Halvor Eifring ved Humanistisk fakultet ved Universitetet i Oslo.

Halvparten av våken tilstand

Vi bruker nesten halvparten av vår våkne tid til å tenke på alt annet enn det vi «skal» og «bør». Spontane tanker utgjør hele 47 prosent av vår våkne tankevirksomhet.

Dette har forskere målt ved å sende meldinger på smarttelefon til en rekke mennesker på tilfeldige tidspunkt, med spørsmål om hva de tenker på.

Når vi lar tankene vandre fritt blir hjernens default mode network, eller hvilenettverk, mer aktivt, viser forskning fra 2007. Senere har forskning vist at denne delen av hjernen som også er involvert i drømmer.

Skifte av fokus sikret overlevelse

Vi er genetisk disponert til av og til å gløtte opp på fuglene i luften, antilopene ved vannet, vinden i trærne og den varme luften på bakken i horisonten.

Mennesker stammer fra savannen i Afrika, hvor vi var avhengige av å se, høre og lukte rundt oss for å overleve.

- Det ville være farlig om vi ikke jevnlig skiftet fokus fra det nære til mulige fjerne farer, som å registrere et rovdyr som nærmet seg, illustrerer han.

Spontan tenking fyller åtte funksjoner

Eifring har samlet forskning på temaet innen flere fagfelt, og funnet ut at spontane tanker kan fylle minst åtte ulike funksjoner:

- ◇ De kan fungere som trøstetenking
- ◇ De kan bearbeide vonde følelser
- ◇ De fremmer kreativitet
- ◇ De kan gjøre at du skifter perspektiv om du står fast
- ◇ De kan bearbeide og tolke minner fra fortiden
- ◇ De bidrar til økt selvforståelse
- ◇ De stimulerer empati, og
- ◇ De kan forberede deg på mulige nye utfordringer i fremtiden

Sons of Norway
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MARCH 2024



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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

E-mail Address: info@norskedalen.org