



Budstikken



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

April 2018

Volume 53, Issue 4

Inside this issue:

Monthly program/ Kalender	1
Birthdays/ Minutes	2
Convention Corner	3
Dis og Dat; Lodge Items	4
Lodge Items, con't	5
Looking back	6
A little in English...Litt på Norsk	7
Present officers, Norskedalen info	8

Wergeland Kalender

- ♦ Apr 5, 7:00 pm, Harry J. Olson Center, 1607 North St, La Crosse
- ♦ Apr 7, 11:00 am New Member Luncheon, Schmidty's in La Crosse
- ♦ Apr 10, 5:30 pm, Board meeting at Perkins on Hwy 16 near the mall
- ♦ Apr 16, Deadline for Budstikken articles
- ♦ Apr 16, 11:00 am, Convention Steering Committee meets at the Radisson
- ♦ Apr 25, Budstikken mailed to members
- ♦ May 3 7:00 General meeting

Fra Presidenten



In Sons of Norway, we are about preserving and appreciating our past while at the same time focusing on our future. During the next month we will have the opportunity to do both.

On April 22 we will welcome the Stoughton dancers once again as this talented group of high school youths will be bringing their show to Holmen high school on that day. But aside from their obvious talent that is manifested through hours of practice along with the authentic costumes that they wear, there is something else to remember about this group. Music and dance are important parts of the identity of all cultures and the Stoughton dancers will present this part of our culture in vivid form. The dances that they perform are not recently choreographed dance moves, rather they are the dances of our heritage going back sometimes hundreds of years. They have not only practiced these dances but have researched them and the stories they tell through which they also gain an appreciation of where we have come from. Tickets for the show will be on sale at the door at noon for the 2:00 show. In addition, we will be hosting our traditional bake sale that day also so come to the show if you can and bring a friend.

And as for our future, the new member luncheon is scheduled for Saturday, April 7 at Schmidty's in La Crosse. Registration will begin at 11:00 when the restaurant opens with a buffet style meal, short presentations about the various aspects of Sons of Norway followed by a program by our benefits counselor Helge Vestnes. Cost for the luncheon is \$10 per person but is free for any new members that day and is also free for anyone sponsoring a new member that day.

Finally, those who were at the March meeting will remember that we spent some time talking about the success of the Norwegian athletes at the Olympics in South Korea. Well the successes just keep piling up as last week. Joar Leifseth Ulsom of Norway was the winner of the Iditarod dog sled race in Alaska. Joar covered the roughly 1000 mile course in 9 days, 12 hours to claim the Joe Redington Sr. trophy and \$3000 in gold nuggets.

Enjoy the rest of our winter and the coming spring. I will see you at the next meeting. Dave

**Next meeting: Thursday, April 5, 2018, 7:00 PM at
Harry J. Olson Center, 1607 North Street, La Crosse**



Program for April

Lori Dubczak will give us an update on things old and new at Norskedalen (see p. 5).

Lunch providers for April 5 meeting

Sandwiches (2½ dozen): Doris Hagen, Jan Brudos, Mark Dregne, Eugene Johnson, Karen Broadhead, Karen Saegrove

Cakes (18 pcs): Char Vangen, Elsie Olson, Bev Ranis, Phyllis Galstad, Dee Johnson, Pam Knudtson

Pickles (1 jar ea): Carla Burkhardt, Corrine Abegglen

Members are asked to donate \$3 per person at the lunch table for lodge expenses.



April Birthdays

- 1 Carol E Stekel
- 1 David S Tostrud
- 2 Lois A Betz
- 5 Wayne A Jacobson
- 5 Judith Ann Konop
- 6 Ruth B Everson
- 7 Meg E Canepa
- 8 Alvin R Forde
- 9 Jennifer Mc Hugh
- 11 Michelle N Martinez
- 13 Rachel L Trautmann
- 16 Garrett C Simons
- 17 Richard S Fonstad
- 19 Phyllis L Galstad
- 19 Lydia K Johnson
- 20 Keith L Briggs
- 20 Daniel P Green
- 20 John T Lillejord
- 21 Carla Burkhardt
- 22 Elaine M Nelson
- 22 Zachary Scott Stekel
- 23 Mark Spencer Everson
- 24 Ben Everson
- 25 Tilmer J Ofte
- 26 Mary E Borreson
- 28 Kerste Melby
- 28 Winnie D Solberg
- 29 Glenn L Borreson

The New Member Luncheon is Apr 7 Schmidty's (11:00 am.) Recruit a new member (and eat free) or come and meet the other new members (\$10).

Buy/sell tickets for the April 22 **Stoughton Dancers**. Also bake for the Bake Sale (contact Doris Hagen).

Program for May

Program on hiking in Norway and in the Coulee Region.

Sekretær Notater...

President **David Glomstad** called the meeting to order at 7:05 pm.

The **Pledge of Allegiance** was recited and the three national anthems were sung. We had no guests to introduce this evening.

The **Treasurer's report** for February was presented. The checking account had income of \$396.63 with no expenses, leaving a balance of \$1510.98. The scholarship account balance is had no income or expenses with a balance of \$2510.50. The memorial account had no income or expenses with a balance of \$1524.84. The savings account had no income, with no expenses, leaving a balance of \$5173.71.

Foundation Cans were passed while President Dave brought us up-to-date about the Winter Olympics. He invited everyone to come to the new member banquet on April 7. There's no need to make reservations for the food, but please contact **Ramona Johnson** if you will attend.

President Dave also invited everyone to the **Stoughton Dancers** performance on April 22 at the Holmen High School gym. The bake sale will start at noon. **Doris Hagen** is in charge of the bake sale and is circulating a signup sheet for baked goods donations. We need 4 to 5 volunteers to help set up that day. Please take a poster to put up at your church. **Marilyn Rudser** is distributing packets of tickets for members to sell. Please return the money and unsold tickets to her in the envelope.

We need a **volunteer** to take over the duties of Assistant Treasurer to help **Mark Dregne**. We have fourteen calendars left. They are now on sale for \$5.00.

President Dave announced that **Lee Grippen** would receive the St. Olaf Award on March 22 (his birthday) at the Giants of the Earth Heritage Center. He will also have an audience with the king of Norway the next time he visits.

Adrian Johnson is selling convention t-shirts at meetings until the convention for \$12.00, \$15.00 for XXL size. David Glomstad created the design.

Eugene Johnson reported on delivering cookies to the Barnebirkie, which were the reward for the kids at the end of their race.

March birthdays were recognized in song. The Raffle Drawing was held: \$84.00 was collected, \$28.00 went to **Karen Broadhead** for the 1st correct number; \$28.00 to **Eugene Johnson** for the 2nd correct number; and \$28.00 goes into the general account. Eugene donated his prize to the general fund

Counselor Johnson thanked **Carole Wadel** for her work with the raffle ticket sales. Officers were thanked and the business meeting was adjourned at 7:40 pm.

Program – **Frieda Nowland** introduced **Montaya Harter**, SON Youth Director, who introduced **Jonah Schaller**, **Elijah Schaller**, **Jedediah Schaller**, **Micah Schaller** and **Asa Harter**. They presented an excellent program in which they demonstrated activities Norwegian children do recited fun facts about those activities.

There were 64 adults and 6 children in attendance. \$39.74 was collected for the Foundation and \$167.00 for the table collection.

Pam Knudtson, Lodge Secretary

New Member Luncheon

This year we will meet at Schmidy's in La Crosse on April 7th, 1100 am. There will be the salad bar and one entree. Cost is \$10.00. If you have recruited a new member this year, your lunch and the new member eat free. Join us for a time of fellowship and also a welcome to the new members.

www.sonsofnorway5.com/conventions

Dear Wergeland Lodge Members:

Our lodge is hosting the Sons of Norway Fifth District Convention at the Radisson Hotel on June 27-30, 2018. In preparing, we have held fundraising activities to cover the conventions costs.

Many of you have participated in the "No Bake Sale" donation letter and Chicken-Q fundraiser. Thanks to generous members. Now we invite you to participate in a raffle that should excite you as well as members of your family, your friends and others. The prizes are great; they include cash of \$300, \$200 and \$100 dollars, acanthus carved and rosemaled trunk, rosemaled wooden plate, child's Norwegian picnic table, framed Norwegian pictures, handmade Hardanger doily, Norwegian sweaters and numerous other prizes.

The raffle ticket price is \$5.00 per ticket, or 5 tickets for \$20.00. You can purchase your tickets at the regular lodge meeting or contact me (608-397-5823) if you can't make the meetings. Please let me know if you would be willing to take a few tickets to sell.

Members can have their names printed in the convention book on the Wergeland #28, Well Wishers page for \$2.00. Be a proud member of your lodge by giving your support and your name to our convention. You can send the number of members and names with a check made out to: LA CROSSE 2018 DISTRICT CONVENTION. Mail to Shirley Lokstad Schoenfeld, Program Book, 215 Juniper Ln., Holmen, WI 54636-9728. Well Wishers purchases will also be available at the lodge meetings.

The Ways and Means Committee would like to remind members that any profit from the convention goes back to Wergeland Lodge. If we all do a little, our rewards will be great.

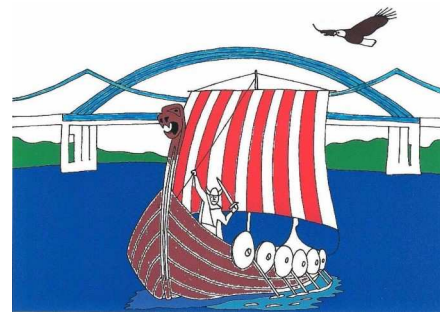
Tusen Takk, Gary Knudtson

What happened to the lady who swallowed a dictionary?

She got "thesaurus" throat.

CONVENTION

CORNER



We hope all of our members are marking their calendars for our June 27-30 convention at the La Crosse Radisson. The registration form is now on the District 5 website. Just go to <http://www.sonsofnorway5.com/conventions/registration.php> and download the form.

All delegates from our lodge will need to register on this form. Also, any member coming to the convention should also register. Note that the registration packet for non-delegates is \$25.00 which gets you in for the vendors and speakers. There is an extra charge for the four Thursday and Friday morning classes (as listed in the March Budstikken). Food is extra and should be marked for the meals you want. The Saturday night banquet will be very special with a bunad show, great music by the "Footnotes" from Decorah and a wonderful meal.

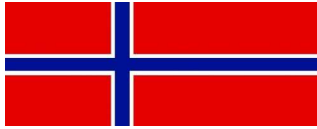
However, please remember that if you can volunteer to help at the convention events, you will not pay the \$25.00 packet fee, but will get in free for vendors and any of the speakers. We'd like you to cover four hours if possible. We will be passing out a volunteer sign-up sheet at our meetings. There are many ways you can volunteer. Below is a list of the interesting speakers you can hear.

Thursday, June 28:

- 1 p.m. The Norwegian Crop: Tobacco Raising in Wisconsin (an illustrated program) By Glenn Borreson
- 2 p.m. Wergeland Dancers (teaching various dances.)
- 2 p.m. Dahl Ford Museum (possibly car pool to Dahl Ford Museum) with a bit of Dahl Immigrant History
- 3 p.m. Wisconsin's 15th Civil War Regiment by David Glomstad

Friday, June 29:

- 1 p.m. "The Viking Presence in Ireland" with Ron Nowland
- 2 p.m. "No Wadmal at Wal-Mart: the Role of Wool in Norway from Viking Times to the Present" with Linda Johnson-Morke (daughter of our own Eugene Johnson.)
- 3 p.m. "Viking Pottery and Weaponry" with Jon Lee from Coon Valley
- 4 p.m. "Share your Norwegian Immigrant Ancestor Stories", an informal get-together. There were many interesting stories in our "Wergeland Remembers" book. Come to share some of those.



Dis og Dat



God påske! (Happy Easter!)

The **International Friendship Garden** is providing recorded messages for visitors in Chinese, German, French, Norwegian and Russian languages. The Irish will be in the English language. **Frieda Nowland** was recently involved in translating the Norwegian description and was the voice speaking the Norwegian. It will soon be available on your smart phones as you show your guests around the Friendship Gardens. Frieda says "It was a challenging but interesting experience."

Dick Marking and Kathi Beane spent a few days in sunny, warm West Palm Beach, FL, with two of Dick's daughters and their spouses. Highlights of the visit included a St. Louis Cardinal pre-season baseball game, seeing a live alligator in its natural habitat and experiencing a flat tire on busy "beach street." The time spent with family was enjoyed by all.

Karen Broadhead enjoyed a bus/cruise trip to New Orleans and Cozumel.

Steven Marking and his wife **JoAnn Funk** will be spending 22 weeks this year giving lectures and entertaining on the Mississippi and Ohio rivers for American Cruise Lines.

Do You Have a Norwegian Sweater to Display?

Gundersen will be putting Norwegian sweaters on display for Syttendi Mai. They would be in the display case by the cafeteria during the week of May 14th through the 19th. Also, they will be photographing some of the different designs and then making cards from them. If you have one that you can loan, mark your name on a piece of paper and pin it securely inside the sweater. Contact **Carol** at jmstekel@aol.com or call **Sue La Crosse** at Gundersen (608 775 7847). Carol could get them from you at the May meeting.

Stoughton Norwegian Dancers

On Sunday, April 22, 2018, the **Stoughton Norwegian Dancers** from Stoughton, WI, will present a "Norse Afternoon of Fun." The performance will be at 2:00 p.m. at Holmen High School, 1001 McHugh Rd., Holmen, WI 54636. The performance is sponsored by the Wergeland Sons of Norway Lodge.

Admission for adults is \$9.00. Children who are ages 6-18 are \$4.00. **See Marilyn Rudser for tickets.**

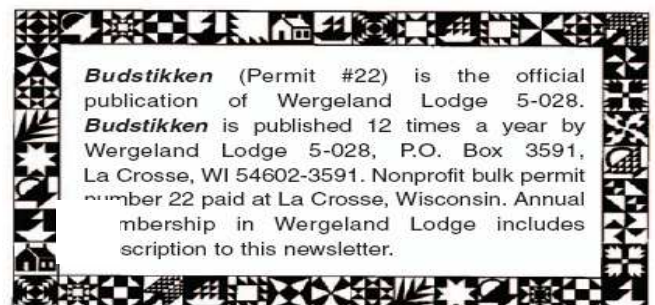
A bake sale featuring authentic pastries and baked goods will be available for purchase. Please consider a bake sale donation; **contact Doris Hagen, Nancy Beguin, or Kathy Severson to contribute.** Drop off your donation at Mary Sween's or Doris Hagen's.

For the March program, the Youth Group, led by **Montaya Harter (Eugene Johnson's granddaughter)**, described and demonstrated several activities common for Norwegian children. **Micah Schaller, Jedidiah Schaller, Elijah Schaller, Asa Harter, and Jonah Schaller** (pictured left to right) demonstrated the games of Basse, Kubb, and Bro Bro Brille.



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.



.Tusen Takk...

...to **Eugene Johnson** and his daughter, Karen McGuire, for delivering 50 dozen cookies donated by our lodge to feed 800 kids at the Barnebirkie. A total of 600 dozen cookies were collected across District 5. Eugene & Karen are pictured at the right in their Birkebeiner hats. Eugene and his wife Florence delivered the cookies and worked in the tent since 1995, and he and Karen continued the service since 2015 as Florence died in 2014.



Gratulerer til...

...**Leif Marking** will be presented with the award of *Director Emeritus* from the Bluebird Restoration Association of Wisconsin at their annual meeting on April 7, 2018 at Beaver Creek Reserve in Fall Creek.

This award is to recognize the many years of hard work and monitoring Leif has put in to help bring back the Eastern Bluebird to Wisconsin.



In his letter from the president of BRAW, Pat Ready stated "Without your dedication the state of bluebirds would not be as optimistic as it is today. By sharing your knowledge of bluebirds you ensure they have a bright future for coming generations."

...**Lee Grippen**, who, as mentioned last month, was awarded the **Order of St. Olav** medal. The presentation by the Council General occurred on March 16 at the Giants of the Earth Heritage Center in Spring Grove. More about the award is in the adjacent column.

A reception was held at Giants of the Earth Center on March 22nd which included cake (below right) and music by Rachel Storlie. Following that, Roar Moe of Sogn Norway, presented a program on Maritime Norway at the Cinema next door. (Pictured below: Lee Grippen, right, with Ron & Frieda Nowland and Alex Aakre).



April 5 Wergeland Lodge program:

Lori Dubczak, executive director of **Norskedalen**, will bring us an exciting report on what's new there and perhaps which of the good regular programs continue.

The Thrune Visitor Center has had a facelift; newly painted rooms with rearranged and updated exhibits. There is new signage and plans for bus tours at Thrunegaarden, the new name for the Skumsrud-Thrune property near Coon Valley. She will give a progress report on all the new bridges built after last year's extensive flood. There's lots more. You won't want to miss it.



St. Olav's Medal

Here is more information about **Lee Grippen's** award, taken from Wikipedia:

The St. Olav's Medal and the St. Olav's Medal with Oak Branch were instituted by King Haakon VII of Norway on 17 March 1939. They are awarded in recognition of "outstanding services rendered in connection with the spreading of information about

Norway abroad and for strengthening the bonds between expatriate Norwegians and their home country."

The medals are in silver, surmounted by the Royal Crown. On the obverse is the portrait of the reigning King with his name and motto. On the reverse, St. Olav's cross. Above the medal is the monogram of the reigning King. It is worn on the left side of the breast with the ribbon of the Order of St. Olav. The medal ranks 9th in the order of precedence of Norwegian medals.



Looking Back

Fem år siden (5 years ago) 2013

The April program featured a talk and power point presentation by Finn Brobakken from Snertingdal, Norway. He spoke about people who emigrated from the Snertingdal, Biri, and Verdal areas of Norway and came to Coon Prairie and Coon Valley in the 1800's.

Wergeland Lodge donated 60 dozen cookies for the Barnebirke in Hayward. Florence and Gene Johnson delivered the cookies and helped serve them at the event. About 890 skiers and parents enjoyed the 870 dozen cookies and hot chocolate.

Lee Grippen was honored for his years of service to Norskedalen at their Annual Award and Fundraising Celebration.

Ti år siden (10 years ago) 2008

Diane Kimm was the speaker for the April program. She spoke about her home town of Pelican Rapids, Minnesota,

which was settled by Norwegians and Swedes in the 1800's, and how it has since adapted to the arrival of refugees from many countries. She also compared immigration today with the immigration of our ancestors.

The Stoughton Dancers entertained at Holmen High School. The event was sponsored by our lodge, with Vern Olson serving as general chairman. A bake sale was also held at the event.

27 new members joined at the membership breakfast.

Femten år siden (15 years ago) 2003

A live auction was held at the April meeting, with items donated by members. Proceeds went to the scholarship and general funds of the lodge.

Sue Beitlich was elected as president of the Wisconsin Farmers Union. She is the first female to hold this position.

Memorials for Nick Wekseth have provided a new parade banner for Wergeland Lodge.

Future Programs

Programs have been scheduled for most of our meetings for 2018, but keep on giving us suggestions. Some of the good ideas you have given us would be even more interesting if we get direct involvement from our members, for instance:

Have any of you heard your parents or grandparents talk about "home remedies" when they were kids? Did any of you have a midwife among your ancestors? Did a relative pull teeth for neighbors? Did an ancestor do "blood letting?" Did anyone get called on for general medical help, not because he or she was a doctor but because he was good at helping?

Or how about Norwegian naming patterns? Are there any old traditional naming patterns used in your family? Did Norwegian troll stories get passed down in your family?

Even if you don't know much, share what you know. If enough people share we could make a good program. You may speak, or write or tell the story to a committee member and let them speak it.

Call **Frieda Nowland** at 788-2098 or call any of the committee members listed in the February Budstikken.

2018 Tre-Lag Stevne August 8-11

Even though we are still working in our District 5 Convention plans, you can mark your calendar for the 2018 Tre-Lag Stevne, which will be held in Austin, MN. The Tre-Lag Stevne is a conference joining Nord Hedmark og Hedemarken Lag, Gudbrandsdal Lag, and Trønderlag of America each August.

From the organizers: "Norway ranks highest in standard of living, life expectancy, and education for the 13th consecutive year! And... is rated the "Happiest Country in the World." Average life expectancy is 82 years. The 2018 Stevne will highlight the realities of "Norway Evolving" in many different areas. This year, we will have "Genealogy Arts and Crafts" – new ideas aimed at ensnaring the younger generations into the fun and joy of exploring genealogy. ...We will have nearly 100 written materials along with internet resources and help to do your genealogy, plus, as always, a rich program of culture and history. I hope that you can join us! John Reindl, Genealogist."

Special lodging rates are available through July 8.

Shirley Schoenfeld is active in the Nord Hedmark og Hedemarken Lag and can assist anyone with questions about this conference.



A little in English...

Holding Back a Sneeze Can be Dangerous

In the worst cases, holding in a sneeze can lead to throat tearing, a ruptured eardrum, or cause a vein in the brain to burst, doctors warn.

Some people choose to block their respiratory tract when they know that a sneeze is on its way and in doing so they "swallow" the explosive force of the sneeze.

Usually it is harmless, but in some cases it may turn out to be very painful and in fact, dangerous. This was recently illustrated when a 34-year-old man appeared in a Leicester, England emergency room with a swollen neck and extreme pain.

"The patient described the feeling of a pop in his neck after trying to restrain a sneeze by holding his nose and closing his mouth," explain physicians in a study published in the medical journal BMJ Case Reports.

A CT scan confirmed the physicians' suspicion: the power of sneezing had torn the back of the throat. The man—who could hardly swallow or speak—was admitted to hospital, where he was fed through a tube and given antibiotics until the swelling and the pain let up. He was discharged after a week.

"Stopping a sneeze by blocking the nostrils is a dangerous maneuver, and should be avoided," conclude the doctors behind the study.

In rare cases, holding in a sneeze has led to a condition where air is trapped between the lungs, "and even caused cerebral aneurysm." A cerebral aneurysm is a condition where a vein in the brain has swelled up.

Dave displayed his Norsk colors as he acknowledged the Norwegian dominance in the PyeongChang 2018 Winter Olympics. Canada and the United States were also well-represented.

(chart: Olympic.org)



Litt på Norsk...

Å holde tilbake et nys kan være farlig

Å holde tilbake et nys kan i verste fall føre til rifter i halsen, at trommehinnen ryker eller at en blodåre i hjernen sprekker, advarer leger.

Enkelte velger å blokkere luftveiene når de kjenner at et nys er på vei og dermed «svelge» hele den eksplosive kraften i nyset.

Vanligvis er det ufarlig, men i enkelte tilfeller kan det vise seg å bli svært smertefullt og direkte farlig. Dette ble nylig illustrert da en 34 år gammel mann dukket opp på legevakten i Leicester i England, med hoven nakke og ekstreme smerter.

Pasienten beskrev følelsen av et puff i nakken etter at han prøvde å stagge et nys ved å holde seg for nesen og lukke munnen, forklarer leger i en studie publisert i det medisinske tidsskriftet BMJ Case Reports.

En CT-skann bekreftet legenes mistanke: kraften fra nyset hadde revet opp baksiden av halsen. Mannen – som nesten ikke kunne svelge eller snakke – ble innlagt på sykehus, hvor han ble matet gjennom slange og gitt antibiotika fram til hevelsen og smerten ga seg. Han ble skrevet ut etter en uke.

– Det å stoppe et nys ved å blokkere neseborene er en farlig manøver, og bør unngås, konkluderer legene bak studien.

I sjeldne tilfeller, har det å stagge nys ført til en tilstand hvor luft blir innestengt mellom lungene, «og til og med at en cerebral aneurisme sprekker». En cerebral aneurisme er en tilstand hvor en blodåre i hjernen har svulmet opp.

2018 Olympics

Country	Gold	Silver	Bronze	Total
Norway	14	14	11	39
Germany	14	10	7	31
Canada	11	8	10	29
United States of America	9	8	6	23

Sons of Norway
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APRIL 2018

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Norskedalen Activities

Throne Visitors Center

Hours From Jan 1 - Apr 30:

Monday-Friday from 8am--4pm

Saturdays 10am--3pm

Sunday from 11am--3pm



Guided homestead tours, when a guide is available, will be at 10 am, 1 pm and 3 pm Monday through Saturday, and 1 and 3 pm on Sundays. Self guided audio tours will be available in any event.

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."

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