



Inside this issue:

Monthly program / Kalender	1
Birthdays / Secretary's Report	2
2021 Officers & ballot	3
Recipe, Bell Ringing & ballot	4
Dis og Dat, Looking back	5
Walk to Norway	6
Litt på Norsk, SON items	7
Present officers, Norskedalen info	8

The Coronavirus (and actions being taken to limit its spread) continues to frustrate our plans. Please watch your email for any changes to upcoming events. If you do not have email, please call Ramona/Adrian at 608-788-7507 to check if an event will happen. Stay well, everyone!

Fra Presidenten



Dear Wergeland Lodge members and friends,

November is the transitional month that comes between fall and winter. Most leaves have fallen off trees and football becomes the main sport. The birthstone is topaz and the flower is chrysanthemum. Something fun to think about in November: I have listed some "national days" to celebrate!

Nov. 1 National MEN make dinner day!

Nov.2 National Deviled egg day

Nov. 3 National Sandwich day

Nov. 4 National Candy day

Nov. 5 American Football day

Nov. 6 American Redhead day

Nov. 7 Bittersweet chocolate day

Nov. 8 Cappuccino Day

Nov. 9 Go to an Art Museum Day

Nov. 10 National Marine Corps Birthday I will find more for December!

This is important. The list of officers and committees for Wergeland Lodge is listed in this Budstikken. Read over the list and vote to accept or reject. Then, mail your vote to Ramona. Since we aren't meeting with the membership, this is the way we can carry out the business as we prepare for 2021.

Have a happy Thanksgiving! It is a time to celebrate the harvest and other blessings of the past year. The first Thanksgiving was in 1621 and it was celebrated over a three day festival. Turkey wasn't on the menu then, but after President Lincoln declared Thanksgiving a national holiday in 1863, turkey started to be the meal of choice.

Lets be thankful for all our blessings this past year.

—Ramona

Wergeland Kalender

- ◆ Nov 5—NO WERGELAND LODGE MEETING
- ◆ Nov 10—NO Board Meeting
- ◆ Nov 16 — Deadline for Budstikken articles
- ◆ Nov 26—Budstikken mailed to members
- ◆ Dec 3—No Wergeland Lodge Meeting
- ◆ Jan 1—deadline for ballot (see p. 3)



No November Lodge Meeting

Meetings and Programs have been cancelled for the remainder of 2020.



November Birthdays

- 4 Birgitta Kathan Finn
- 4 Freya Kathan Finn
- 4 David Widener
- 5 Kathryn K Anderson
- 6 James C Halvorson
- 7 Edward C Johnson
- 8 Nancy R Loper
- 9 Julia L Forde
- 9 Torin L Loper
- 10 Paul S Amundson
- 10 Paulette S Widener
- 11 Michael Everson
- 11 Laura A Gonja
- 13 Ilene Pavelko
- 13 Shirley Lokstad
Schoenfeld
- 14 Michael A Anderson
- 14 Greg P Hart
- 15 Theresa L Heiser
- 15 Kari Ellen Ofte
- 17 Erik R Coaty
- 17 Patricia L Green
- 18 Harley L Evenson
- 18 Nancy L VonArx
- 20 Wyatt Becker
- 21 Cecilia M Berg
- 21 De Andre J Casey
- 23 Mark J Dregne
- 23 Joan P Everson
- 26 Mary E Amunson
- 26 Winston Howe
- 27 Lois J Tolvstad
- 28 Susan M Carlson
- 30 Sally Louise Olson



Thankful

Program for December

CANCELLED

Sekretær Notater...

The Wergeland Board met at 5:30 at Perkins in Onalaska on October 6th. President Ramona Johnson led the meeting which was attended by the following: Shirley Schoenfeld, Carla Burkhardt, Kathi Beane, Florence Overgard, Vivian Sacia and Adrian Johnson. In addition, several members arrived to pick up calendars and playing cards they had ordered.

The officer list for 2021 was reviewed. The following officers are still needed: Vice President, Counselor, and Auditor.

Karen Broadhead has been keeping track of the District 5 walk to Norway and back fundraiser. She presented a list of the people she has recorded miles for and we added some names we knew had participated and will post that list in an upcoming Budstikken. We appreciate the people who made that endeavor a success.

The Secretaries report as presented in the October newsletter was reviewed and approved for filing.

Shirley presented the Treasurer's report which is shown elsewhere in this newsletter.

Adrian gave a report on calendar and playing card sales results so far.

We voted to hold our January meeting at the American Legion hall if it is open by then for gatherings and the program will consist of the installation of officers for 2021 and a social time as members have not been together for a regular meeting since March 2020.

There were no new members this past month and our current membership is now about 250 people.

We voted to place a ballot in this Budstikken to tear off and return to Ramona Johnson to approve the officers for 2021. According to our by-laws the members must approve the officers for the next year.

Meeting was adjourned at 6:40. Adrian Johnson, Lodge Secretary.

Treasurer's Report:

September 30, 2020 checking balance	\$3,974.99
September 30, 2020 scholarship balance	\$1,506.50
September 30, 2020 savings balance	\$18,864.82
September 30, 2020 Wergeland has	\$24,346.31

Calendars and Cards

We have a few calendars left and about a dozen playing card decks. Call Adrian (788-7507) to reserve and we will get them to you somehow soon. The calendars are \$12.00 each and the card decks are \$10.00.



2021 Wergeland Officers—TIME TO VOTE!

In a 'normal' year, we would vote in person to accept the nominations for the next year's officers. However, in this remote situation, we are asking you to cut off the ballot below and **return to Ramona by Jan 1** (fold to reveal her address).

President: Ramona Johnson
 Vice president: NEED
 Counselor: NEED
 Secretary: Adrian Johnson
 Assistant Secretary: Carol Pestel
 Volunteer coordinator: Adrian Johnson
 Membership Secretary: Kathi Beane
 Treasurer: Shirley Schoenfeld
 Assistant Treasurer: Kathi Beane
 Social Director for special meals Co-Chair: Marilyn Rudser
 Social Director for special meals Co-Chair: Char Vangen
 Social Comm. special meals: Dee Johnson
 Social Comm. special meals: Elsie Olson
 Social Comm. Jan-Apr: Lynn Curtis
 Social Comm. Jan-Apr: Ann Sprain
 Social Comm. Aug-Nov: Darlene Erickson
 Social Comm. Aug-Nov: Pam Knudtson
 Social Comm. Aug-Nov: Linda Sherwood
 Co-Foundation director: Ilene Pavelko
 Co-Foundation director: Karen Saegrove

Zone 2 Dist. 5 Director: Karen Broadhead
 Sports Director: Carla Burkhardt
 Cultural Program Director: Shirley Schoenfeld
 Cultural Program Ass't Director: Mark Quade
 Co-Cultural Skills Director: Susan Corbisier
 Co-Cultural Skills Director: Sandra Kawatski
 Musician: Karen Mathison
 Musician: Mary Larson
 Historian: Marlene McCabe
 Greeter and Raffle Sales: Kathi Beane
 Greeter Assistants: Ron and Frieda Nowland
 Raffle Chairperson: Adrian Johnson
 Lead Marshall: Richard Marking
 Marshall: Arlen Henderson
 Marshall: Fred Johnson
 Marshall: Gary Knudtson
 Marshall: Mark Dregne
 Auditor 1st year: Linda Sherwood

Auditor 2nd year: NEED
 Auditor 3rd year: Dee Johnson
 Trustee 1st year: Adrian Hagen
 Trustee 2nd year: Dennis Sprain
 Trustee 3rd year chair: Vivian Sacia
 Budstikken Editor: Carla Burkhardt
 Picture Editor: Doris Henderson
 Librarian: Pam Knudson
 Stamps Chairperson: Marilyn Rudser
 Goodwill-Fliptops Vivian Sacia
 Wergeland Dancers Chair Sandra Kawatski
 Community Theatre usher chair: Kathi Beane
 Salvation Army Bell Ringing Chair: Carla Burkhardt
 Rotary Lights: David Glomstad
 Festival of Trees: David Glomstad
 Scholarship committee: Marilyn Rudser
 Scholarship committee: Laura Ira
 Scholarship committee Chair: Kathi Beane
 Installing Officer: David Glomstad
 Installing Marshall: Karen Broadhead
 Installing Marshall: Pam Knudtson

1. Cut here ↑

WERGELAND OFFICERS 2021

OFFICIAL BALLOT

Wergland members over the age of 18 may vote. If there are 2 voters in the household, you may both use this form. If there are more than 2, please add your vote below or on a separate piece of paper.

Voter #1: I accept the slate of officers as printed in the November 2020 Budstikken.

_____ Yes _____ No

Voter #2: I accept the slate of officers as printed in the November 2020 Budstikken.

_____ Yes _____ No

Potetsuppe (Creamy Potato Soup)

For the soup:

- 1 Tbsp. olive oil or vegan butter
- 1 med Vidalia onion or 3-4 shallots, peeled & chopped
- 3 garlic cloves, roughly chopped
- 1 small leek, white part only, chopped
- 5 large Yukon Gold potatoes, peeled & diced
- 3 large Yukon Gold potatoes, baked*
- 2 1/2 cups vegetable broth, more as needed
- juice from 1/2 lemon
- Kosher or sea salt & black pepper to taste
- cashew cream** to drizzle for garnish (optional)
- finely chopped chives for garnish

**For the cashew cream:

- 1/2 cup raw cashews, soaked in water for at least 2 hours
- 1/2 cup water
- pinch of salt

Instructions

To bake potatoes, peel them, season with a little sea salt, and wrap in foil. Bake in the oven for 45 minutes to 1 hour until soft. Set aside until ready to use.

In a heavy-bottomed Dutch oven, heat the oil, and add the onion or shallots, garlic, and leeks with a large pinch of salt and sweat them on medium heat (do not brown), for 5-10 minutes until soft and translucent.

Salvation Army Bell Ringing!

Saturday, Dec 19, we have 3 shifts available for Bell-Ringing at the Festival Foods in Onalaska:

2:00-4:00, 4:00-6:00, 6:00-8:00

Please email Carla if you would like to Ring Bells at one of these times! carla.burkhardt8696@gmail.com



Add in the raw chopped potatoes and vegetable broth (the broth should cover the potatoes by about 2 in.), bring to a boil, then reduce to a simmer and cook until potatoes are soft, about 20 minutes. Add the baked potatoes and stir to combine.

Using an immersion blender, purée the soup until creamy. Be sure you have enough liquid in the soup, or else it will be gummy.

Season with lemon juice, salt, and pepper and serve drizzled with a little cashew cream and chopped chives (optional).

**To make cashew cream, purée the soaked cashews, water and salt in a high-speed blender until creamy. Adjust consistency with additional water if necessary.

Source: Arcticgrub.com

1. Cut here ↓

2. Fold here ↓

Ramona Johnson
4650 Juniper St
La Crosse, WI 54601

3. vote, then
affix stamp

4. tape or staple, then mail by Jan 1st! Thank you!



Dis og Dat



Marilyn Rudser is in need of

1. New Christmas cards with envelopes for the soldiers.
2. Used Christmas cards - the back of the picture must be plain to write the message for vets. Tear off the rest. No envelopes for those.
3. New Birthday cards with envelopes.

If you're in West Salem, she has a box on the porch at 1016 W. Elm. She is also at Harry J. Olson (North La Crosse) every Wednesday from 12:30 – 3:00. There's a box with Christmas paper on it in the bookcase just inside the door. You're welcome to drop them off during the above hours. **Thanks in advance for your cards.**

From **Ramona Johnson:**

Did any of my fellow SON members read the article in the August VIKING titled "Mid-Century Modern Icons?" It tells of Norway's post-war enamelware and how the artists put Norway on the modern design map. During Scandinavia's mid-century modern design movement, each country made its mark. The Danes made furniture, the Finns printed textiles, the Swedes specialized in sculptural glass. Norway turns out cookware--enamelware with a special design by Catherineholm. The "Lotus" de-

Take a survey about Virtual classes

The Sons of Norway District 5 Cultural Committee would like to know what programs you would be interested in. The programming would be "virtual" and costs to be determined. Options include Genealogy, Wood Carving, Hardanger Stitching, Rosemaling, Norwegian History, or Cooking and Baking. Take the survey at the following link:

<https://survey.sogosurvey.com/r/dcMcZ6>

sign series was produced in the early 1960's. While cleaning my cupboard I found I have a sauce pan with the Lotus design. (I don't know where the cover is) On E-Bay these can be purchased for \$60.00 to \$100.00. Wish I could find the cover! Above is a picture of my pan.



Looking Back

Fem år siden (5 years ago) 2015

Welcome to new lodge members – Carolyn and Roger Sorenson, Sigurd Rudser and Mary Jo Sanchez.

The program for November was presented by Nathanael Rhody. He informed our lodge about skiing in Scandinavia. He related that the art of skiing goes back through many ages as a most basic and defining mode of transportation amongst the Scandinavia peoples. He was surprised that there is relatively little research or more common knowledge about how skis were developed or used.

Ti år siden (10 years ago) 2010

Recently the Mathisons, Sacias, Gaarders and the Jostads, along with other friends, went on a European riverboat

cruise. Vivian remarks that it was a very unique trip with variety in scenery, great cathedrals, palaces, cities, historic sites, entertainment and tasting new foods.

Jean Davis presented a Viking sports medal to Glenn Borreson.

The Festival of Nations is at the Onalaska Middle School on November 18th. Carolyn Skogen is organizing membership participation.

Femten år siden (15 years ago) 2005

Librarian Karen Scarseth announced that Fred and Dee Johnson gave three books to the Lodge: Folklore Fights the Nazis, Norway in WWII and Inside Norway. Other new books in the library are Reckless Courage and Peer Gynt.

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.



District 5 Virtual Walk Challenge to Ringsaker, Norway in celebration of the 125th Anniversary for 2020 Convention

WELCOME HOME!! —After adding **2025** miles (!) this month, we made it home and went around the block a few times! For our health, we should keep up the activity, even if we're tempted to sofa-surf instead of venture out into the chilly air. Good work, everyone!

Virtual Walk to Norway

We did it! We finished our virtual walk! Our 8,278-mile journey to Norway and back is now complete. Thanks to all who helped by keeping track of your 'miles' of activity these past several months. Some of the many activities reported included walking, running, biking, gardening, golf, water aerobics, swimming, painting, vacuuming, snow shoveling, yard work, and mopping. It's been a fun way to keep active during this year when so many planned activities couldn't take place.

Pledges/donations received on behalf of the 'walkers' will go to our District Legacy Foundation for Masse Moro Youth Camp. If you still have pledges/donations to turn in we'll need them soon. Send them to our treasurer, Shirley Schoenfeld, and designate 'Virtual Walk' on the memo line.

Following is the roster of all participants in our virtual walk:

Carol Pestel, Vivian Sacia, Dave Glomstad, Carla Burkhardt, Linda Sherwood, Kathi Beane, Gary Knudtson, Bev Ranis, Florence Overgard, Ilene Pavelko, Claire Everson, Denise Everson, Jerome Smith, Al Forde, Julia Forde, Karan Mathison, Tryg Mathison, Darlene Erickson, John Erickson, Carol Stekel, Joe Stekel, Glenn Borreson, Mary Borreson, Laura Ira, Lynn Curtis, Ann Sprain, Dennis Sprain, Adrian Johnson, Ramona Johnson, Karen Broadhead.

If you've participated, but don't see your name, please contact Karen Broadhead, (kbroadhead@centurytel.net or 788-2485). We don't want to miss anyone.

Mike Wick from the Nor-sota Lodge in Apple Valley, MN, shared information and photos from the new 4-star Omni Viking Lakes Hotel in Eagen, MN. The hotel has beautiful Viking-inspired art and hand-carved features. A descriptive article can be found at hometownsource.com/sun_thisweek, search "Omni Viking Lakes." A few of Mike's personal photos are below, and you may view more on his YouTube video at <https://youtu.be/Wlim6Ui5aPw>.



Fun Fact #11

The first lodges outside of the Midwest were established in 1909 when lodges in Everett and Seattle, Washington, petitioned to join. Leif Erikson Lodge 2-001 exists to this day.



A little in English...

How I Exercise to Keep My Brain in Shape

The brain is one of the organs that gets the most out of exercise, researchers tell us. But how does doctor, brain researcher and author Kaja Nordengen exercise her brain to keep it healthy and fast?

"My mantra is that it does not so much matter what kind of challenges you find for your brain, as long as you challenge it," she tells forskning.no.

Kaja's brain exercise program:

1. Brush your teeth or shave with the "wrong hand."

Your fine motor skills can be trained in your non-dominant hand, and you can learn to use both hands when solving a task.

2. Find the board and play a game of chess.

Chess trains you in concentration, problem solving, pattern recognition and strategic planning.

3. Get off the bus one stop before or after your stop.

By breaking out of your usual pattern and learning new routes and places, you add to your mental map, and train your navigational skills.

4. Get on and off the bike from the "wrong" side.

If you stray from your routine, you challenge your brain, strengthening nerve cell contacts that you rarely use.

5. Do new chores at home or swap chores with your partner.

Switch tasks so that the person who, for example, changes spare tires learns to use the sewing machine, and vice versa. If you live alone, change tires yourself, sew on a button you know is missing or follow a complicated recipe when making dinner. This is how we form new nerve cell contacts.

6. Use the computer mouse with the "wrong" hand for a day.

The brain benefits from being used a little outside of regular routines. When you train your motor skills on the opposite hand, you train your brain and form new nerve cell contacts and completely new nerve cell pathways.

7. Learn five new words in a language you do not know.

Learning new words sets in motion the same reward systems that are activated by good food. The whole brain always cooperates, but for our language function it is first and foremost the cerebral cortex that is important.



Litt på Norsk...

Slik trener jeg for å holde hjernen i form

Hjernen er et av organene som får aller mest ut av trening, forteller forskerne oss. Men hvordan trener lege, hjerneforsker og forfatter Kaja Nordengen selv for å holde hjernen sunn og rask?

– Mitt mantra er det ikke spiller så stor rolle hva slags utfordringer du finner for hjernen din, så lenge du utfordrer den, sier hun til forskning.no.

Kajas hjernetreningprogram

1. Puss tennene eller barber deg med «feil hånd».

Finmotorikken din kan trenes opp i din ikke-dominante hånd, og du kan lære deg til å bruke begge hender når du skal løse en oppgave.

2. Finn frem brettet og spill et parti sjakk.

Sjakk trener deg både i konsentrasjon, problemløsning, mønstergjenkjenning og strategisk planlegging.

3. Gå av bussen et stopp før eller etter din holdeplass.

Ved å bryte ut av mønsteret og lære deg nye ruter og steder du kan legge til ditt mentale kart, trener du orienteringsevnen din.

4. Gå av og på sykkelen fra «feil» side.

Hvis du bryter med rutinen, utfordrer du hjernen og styrker nervecellekontakter du sjelden bruker.

5. Gjør nye arbeidsoppgaver i hjemmet eller bytt med partneren din.

Bytt om på oppgaver slik at den som for eksempel skifter dekk heller må lære seg å bruke symaskinen, og motsatt. Bor du alene, skift dekk selv, sy i den knappen du vet

mangler eller følg en komplisert oppskrift når du lager middag. Det er slik vi får dannet nye nervecellekontakter.

6. Bruk datamusen med «feil» hånd i en dag.

Hjernen har godt av å bli brukt litt utenfor de faste rutinene. Når du trener opp motorikken i motsatt hånd, trener du hjernen og danner nye nervecellekontakter og helt nye nervecellebaner.

7. Lær fem nye ord på et språk du ikke kan.

Å lære nye ord setter i gang de samme belønningssystemene som aktiveres av god mat. Hele hjernen samarbeider alltid, men for språkfunksjonen vår er det først og fremst hjernebarken som er viktig.

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

NOVEMBER 2020



OFFICERS TO CONTACT BETWEEN MEETINGS

President-Ramona Johnson 608-788-7507
e-mail address: ajrjathome@msn.com

Vice President-

Membership Secretary - Kathi Beane 608-783-3037
e-mail address: beane.kath@eagle.uwlax.edu
*Send notices of deaths or address changes to the
Membership Secretary*

Secretary- Adrian Johnson 608-788-7507
e-mail: ajrjathome@msn.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
Cell: 715-797-6414

Norskedalen Activities

Throne Visitors Center
Hours From Oct - Apr:
Monday-Saturday from 9am--4pm
Sunday from 11pm--4pm



*Admission rates for all programs with the excep-
tion 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, wrist-
band, 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 admis-
sions and receive a wristband.

Norskedalen phone: 608-452-3424

Web site: www.norskedalen.org

E-mail Address: info@norskedalen.org