



**SONS of  
NORWAY**

# Budstikken

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

October 2019

Volume 54, Issue 10

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## Wergeland Kalender

- ◆ October 3, 6:30 pm  
General Meeting and  
Program, American  
Legion
- ◆ Oct 8, 5:30 pm, Board  
meeting at Perkins on  
Hwy 16
- ◆ Oct 22, Deadline for  
Budstikken articles
- ◆ Oct 31, Budstikken  
mailed to members
- ◆ November 7, 6:30  
General Meeting

## CHRISTMAS CARDS FOR SOLDIERS are due at the October Meeting.

Please contact Marilyn  
Rudser, (608) 612-0219,  
if you have questions.



## Fra Presidenten

School is back in session, football season is underway and the harvest season will begin shortly, all signs that autumn is coming. My wife and I have enjoyed a couple of scenic drives and bicycle rides through rural Wisconsin, Minnesota and Iowa lately. The rolling fields with their ripening crops are a beautiful sight that will soon be replaced by harvested fields and dazzling foliage. It is truly my favorite time of year.

At Wergeland, fall activities include preparations for the end of the year and the beginning of the next. As far as this year goes, we are putting plans in motion for our Christmas banquet to be held at our December meeting. We have chosen a caterer and are putting the final touches on the menu. Of course we will supplement that with some Norwegian goodies for a delicious evening. We are also planning to once again participate in Rotary Lights with a night in the warming tent as in past years. The board would like to again present something musical or in keeping with Norwegian tradition. If you have any ideas, let me know and I will bring it to the next board meeting. We are also investigating another evening of ushering at the La Crosse Community Theatre so look for information coming on that in the upcoming months.

As we prepare for next year, keep in mind that the nominating committee will be finishing up their work putting together next year's officer lineup so please consider accepting a position if you are called.

Finally, remember that at the October meeting we are going to experiment with having lunch first so if you are bringing food, you may need to be a little earlier than usual. Enjoy the changing of the seasons and I will see you at the October Meeting.

- Dave

**Next meeting: Thursday, October 3, 2019, 6:30 PM at the  
American Legion, 711 6th Street, La Crosse, WI**



## Program for October

The History of the Sons of Norway  
The Lunch will be served first! If you are contributing to the lunch, please bring your items as soon after 6:00 pm as you can.

### Lunch providers for October 3 meeting

**Sandwiches** (2½ dozen): Joan Everson, Jean Davis, Eugene Johnson, Vivian Sacia, Lee Grippin

**Cakes** (18 pcs): Ramona Johnson, Carolyn Sorenson-Buss, Karan Mathison, Carla Burkhardt, Ilene Pavello, Lynn Curtis

**Cheese Tray:** Bev Ranis **Fruit/Vegetable Tray:** Deb Bartel and Linda Sherwood

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



## Oktober Birthdays

- 1 Karan K Mathison
- 2 Steven D Johnson
- 4 Donald H Melby
- 10 Myah R Casey
- 10 Corey L Forrester
- 12 Richard A Anderson
- 13 Beverly C Arity
- 14 Jean C Giese
- 14 Madonna J Hansen
- 15 Adriana F Gonzales
- 16 Nancy Ellyn Beguin
- 19 Carolyn Sorenson
- 20 Edward A Davig
- 21 Sandy M Mattie
- 22 Agnetha R Ames
- 28 Tysen D Casey
- 29 Cary Jon Ivalis
- 31 Darlene M Erickson
- 31 Judean K Everson

Sven was just waking up from anesthesia after surgery, and his wife Lena was sitting by his side. His eyes fluttered open and he said, "You're beautiful, Lena," and then he fell asleep again. Lena had never heard him say that before so she stayed by his side. A couple of minutes later, his eyes fluttered open and he said, "You're cute!" Well, Lena was disappointed because instead of "beautiful," it was "cute." She asked, "What happened to 'beautiful'?" Sven replied, "The drugs are wearing off!"

## Program for October

How Sons of Norway began

## Sekretær Notater...

Minutes September 5, 2019 General Lodge Meeting  
American Legion, La Crosse, WI

Meeting was opened at 6:30 by President Glomstad at the American Legion.

The Pledge of Allegiance and the three anthems were sung.

A moment of silence was observed in memory of Pete Sherry and Mary Berg.

There were no new members or guests introduced. Treasurer's report was given by Shirley Schoenfeld. Foundation cans were passed.

President Glomstad mentioned the Forde exchange needs homes for four, some meals, and some outdoor activities for the dates of September 27th to October 5th.

The 2020 nominating committee is meeting and so please be available for positions if called.

Discussion about changing lunch to before the meeting was held and it was decided to try it for October to see how it goes.

New business consisted of announcing calendars and cards are available for sale and to donate cards for our servicemen and women. It was announced this Sunday at Norskedalen the subject will be "Native American history in Wisconsin."

September birthdays were serenaded.

Next general meeting will be October 3rd at the Legion at 6:30.

Next board meeting will be September 10 at 5:30 at Perkins.

Raffle winners were Fred Johnson and Gary Knudtson. Shirley Schoenfeld as Counselor closed the meeting at 7:50.

The program for the evening was entitled "Apple production in the Hardanger region of Norway". It was presented by Dr. David Heine and his son Andrew. The program was well received and many questions followed the presentation.

The attendance for the evening was 63. Adrian Johnson, lodge secretary.

Adrian Johnson, Lodge Secretary.

Treasurers report from Shirley Schoenfeld: General Fund has a balance of 7315.89, which includes memorials and encumbered funds for dancers; Scholarship Fund has a balance of \$2084.50; Savings Account has a balance of \$18521.70. Total financial assets of \$27922.09.



## Til minner om...

...**Mary Jane (Slette) Berg**, of Bangor who passed away on June 20, 2019. Our condolences to her family.



La Crosse Tribune photo

...**Jon Pederson**, of the Norway House: "A memorial service to honor our tireless supporter and friend, Jon Pederson will be held at Mindekirken on **Sunday, October 13, at 3:00pm**. An outdoor reception will follow the service, and Norway House will be open for those who wish to sit inside with coffee.



The address for Mindekirken, The Norwegian Lutheran Memorial Church is: 924 East 21st Street, Minneapolis, 55404

Among the many hats Jon wore in the Norwegian-American community, he served on the Norway House Board of Directors and was the former Board Chairman. He touched many lives through his steadfast involvement in our community until his sudden passing on August 29. His funeral was held on September 5 in Spicer, MN.

The full obituary can be found in the *Star Tribune*.

## Velkommen til...

...new member, **Jeanne Larson**, from Onalaska.

Kirsten Heine (from the September Program) serves as the Major Gifts Officer at Vesterheim. Here she is holding an invitation to the Folk Art and Friendship event on Nov 17 at the Radisson (see below).



### Folk Art and Friendship in La Crosse, Wisconsin

November 17, 2019, 12:00-2:00 p.m.

Location: Radisson Hotel, La Crosse, WI

#### Luncheon and Program

With Lea Lovelace, Vesterheim Director of Folk Art Education

Advance reservations only:

By November 1: \$35

After November 1: \$50

## October Program:

At the October meeting, we will learn about the history of the Sons of Norway as we gear up for the 125th Anniversary in 2020. See pp. 4-6 for some of the history. Remember –we will have our lunch first, before the business program. This rearrangement is to see if having lunch at the beginning of the program “works” for the serving committee as well as for the attendees.

## From the September Program:

David, Kirsten, and Andrew Heine shared their personal connection with the Apple industry in the Hardanger region of Norway. Each fall, the family travels to Tokheim Farm



(near Odda), Norway, to pick apples from the 2000 trees in the Tokheim orchard, which was established in 1850 by photographer Knud Knudsen, David's great-great-grandfather.

A number of varieties of apples are grown at Tokheim Farm, including the Karin Schneider apple. Not particularly tasty, it is sought more for its use as a Christmas decoration!

The apple picking is by hand, with extreme care taken to select perfect apples - no blemishes, and certainly nothing that has touched the ground. Therefore, pickers willing to take such care and effort are in short supply and the future of the orchard is in question. There is hope that Andrew Heine might maintain the orchard into the future!







## Dis og Dat



**Glenn Borreson** was the guest speaker at the Sept 14 Norsota Lodge meeting in Apple Valley, MN. His topic was Norwegians in Logging Camps, with facts and stories from Wisconsin rivers such as the Black River and Chippeewa River areas.

**Ramona Johnson** writes: "Three of our grandkids are enjoying some of the scholarship money as they attend college. Josh Johnson at Bethel College in St. Paul, Sara Yenor in Phoenix, AZ, and Travis Yenor at Lewis Clark College in Idaho." Adrian and Romona thank the lodge for the scholarship.

From **Marilyn Rudser**: "I want to thank all of our SON members who wrote on Christmas cards for soldiers and veterans. I'll announce the total number of cards at the November meeting. All soldier cards need to be given to me at the **October meeting**."

**Sally Olson** and her sister Anita enjoyed a 10-day vacation in Italy this past June.

**Lee Grippen** of the Valheim Sons of Norway in Spring Grove invites us to their 90th Anniversary celebration at Trinity Lutheran in Spring Grove on Nov 17 at 3:00 with a concert by the Luren Singers. Velkommen allesammen!

**Ron and Frieda Nowland** recently presented a program to Westby Sons of Norway about the Coastal Steamer.

**Shirley Schoenfeld** found a YouTube video of the "Best of Norway: 18 beautiful things you should not miss:"  
[youtube.com/watch?v=U\\_yWHFjRCNY](https://www.youtube.com/watch?v=U_yWHFjRCNY).

**32nd Annual Leif Eriksson International Festival**  
**Sunday, Oct 13 LEIF Closing Worship** at the Norwegian Lutheran Memorial Church, Mindekirken, 924 E. 21st St., Minneapolis, MN

**11:00 am Nordic Worship Service:**

- Greeting: John Xavier, former Chair US and Canada
- Preacher and Liturgist: Anne Brit Aasland
- Organist Jordan Buchholtz
- Special Music: The Mindekirken Choir
- Nordic Flag Recessional
- Noon Kirkkaffe/Festive Church Coffee (Suggested Donation \$5)

## A Brief History of Sons of Norway

By Hildegarde M. Strom

Professor C. Sverre Norborg begins his fine history of Sons of Norway, AN AMERICAN SAGA, with this descriptive paragraph: "The founders of Sons of Norway were Americans. They had crossed the wide Atlantic in search of greater opportunities for themselves and their families. From the day they passed through the immigration gates at Ellis Island, they knew that their lives and fortunes were linked forever with this vast and free land." This is the strong thread which runs through much of the Sons of Norway story: a love for the land of their birth but at the same time a fierce loyalty to their new land.

The history of Sons of Norway could be described as one of steady and deliberate progress. By the 1870's Minneapolis had a very active nucleus of Norwegian emigrants, many of whom had come from the Trondheim area to form a colony in the northern part of the city. From that group came the 18 founders who signed on as charter members of Sons of Norway.

Interestingly enough, it was a woman who was at the center of all of the activity prior to this forming. Ingeborg Levorsdatter Langeberg was the first permanent Norwegian resident of Minnesota, coming here as a maid in the home of Territorial Governor Alexander Ramsey. She subsequently met and married a well-to-do farmer from a northern suburb of Minneapolis. When her husband died, she became a wealthy widow whose home was a friendly center for all newcomers, one of whom was Ole Draxten. He was the first Norwegian to build a house in the area and it was his son Bersvend who was later to become the first Supreme President of Sons of Norway.

Norwegian pragmatism rose to the surface during the severe depression which began in 1893 and was a time of economic disaster throughout the land. These founders were cautious men, not taken to dreams of big business but of mere survival for their families and neighbors.

*(continued on p. 5)*

## 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.

(continued from p. 4) They recalled the group assistance plan about which some of them knew from Trondheim where members paid a small amount each week and in return received free medical care for themselves and their families. It was in this spirit of real necessity that Sons of Norway was founded as a mutual assistance society, one built on the moral principles of American fraternalism.



"Bjørnstjerne Bjørnson" was the name first selected for the new organization, but it was soon rejected on the realistic grounds that the American people would find it quite impossible to pronounce. "Sønner av Norge" was the name settled upon and the formal inception with the 18 founders was completed on 16 January 1895.

The fledgling organization provided not only security against financial crises and a forum to celebrate their new nationalism, but it also served to preserve the many things Norwegian which were treasured by those who had left Norway: the literature, music and art which formed such a large part of their heritage.

With this modest beginning in north Minneapolis, there were surely no ideas of a far-reaching organization, only that possibly all of Minnesota might join the order. Article Three of the incorporation document lays down the solid foundation on which the society was built: "This corporation is organized upon fraternal principles, for the purpose of creating and preserving interest in the Norwegian language by its members, insofar as compatible with the loyalty they owe the United States of America; to labor for the development, enlightenment and progress that conduce to honest citizenship, in order that the Norwegian people in this country may be properly recognized and respected; to aid its members and their families in case of sickness and death, by according them financial assistance of such magnitude, and upon such conditions, as may be determined by its by-laws."

To qualify for membership, one had to be male, either Norwegian or of Norwegian descent, give proof of being morally upright, in good health, capable of supporting a family, at least 20 years old and no more than 50.

This first lodge changed its name to Nidaros #1 when a second lodge was formed under the name Oslo #2. Quickly others were formed around Minnesota so that by the end of the century there were 12 in all. "The Norwegian Empire" extended from Illinois and Wisconsin through Iowa, Minnesota and into the Dakotas. At about the same time, a similar organization was forming on the West Coast. That organization was different from the ones in the Midwest since it was made up of a variety of groups: immigrants arriving directly from Norway, a considerable number

from the Midwest farm communities, the Norwegian sailors who chose to quit the life at sea. This mingling tended to make the West Coast group a more progressive one. As early as 1847, Martin Zakarias Toftezen of Levanger, Norway, had crossed the great desert on horseback

and became the first Norwegian settler in the Pacific Northwest. Some 90 years later, a granite monument in his honor was erected by the Sons of Norway and dedicated by Crown Prince Olav during his 1939 tour in the United States.

On April 26, 1903, officers were elected and the name given to the new West Coast group was Grand Lodge, Leif Erikson Lodge #1 of Seattle. Though they were patterned after the Sons of Norway lodge from the Midwest, their request to become affiliated with the Sons of Norway brotherhood was turned down just as "Den Norske Forening" of Everett, Washington, had been refused for membership just a few months prior to that. The West Coast group retained the name Sons of Norway in spite of the rejection by the Minneapolis lodge. The main bone of contention was that the Pacific Coast group had discontinued the compulsory insurance clause, an idea which the Midwest group felt was out of the question. However, a compromise was presented to the convention held in Wisconsin in June 1909 and the merger between the West and the Midwest was at last realized. Therefore, in the years 1905-1914, the Order became a true nation-wide fraternal organization with lodges across the entire continent.

Over the years since then, many changes have taken place within the Order but the essential purposes and reasons for existing remain the same. The extensive insurance program offered to qualifying members - women now included - provides a firm foundation and economic base from which the extensive programs are carried out, furthering the cultural values of the heritage. The titles also evolved from Head Lodge when Bersvend Draxten was its first president to Supreme Lodge when the lodges expanded across the entire country. When the membership was extended into Canada, the official name became the International Order of Sons of Norway, a name which is used today. In 1983, lodges were first organized in Norway, making the Sons of Norway a world-wide organization with nearly 400 local chapters servicing over 66,000 members.

The Sons of Norway's official publication VIKING, is sent to members each month and contains a wide variety of topics on Norwegian culture, travel, and history, as well as serving as a tool for promoting programs of Sons of Norway. The Heritage Department has created many pro-

(continued on p. 6)

## Looking Back

### Fem år siden (5 years ago) 2014

Wergeland member, Lee Grippen, was honored as the Volunteer of the Year for Houston County. Grippen and his wife, Gayle, have hosted 25 foreign exchange students in their home over the years. He also was a proponent and facilitator for the program Youth for Understanding that has placed over 600 students in the area during his tenure. He is a former Caledonia area educator. "Lee's life of outstanding volunteering has touched many people."

A new book, "Life Among the Lutherans," by Garrison Keilnor was added to our library. Karen Scarseth found it in a little Scandinavian shop in Hayward.

### Ti år siden (10 years ago) 2009

Alice McHugh, a Wergeland member, had a place of honor in this year's Holmen Kornfest parade as the parade marshal. She predates Kornfest and is proud to say she has been a member of the American Legion Auxiliary for more

than 60 years. Alice celebrated her 92<sup>nd</sup> birthday in July 2009.

For the fourth year in a row, the United Nations has ranked Norway as having the highest standard of living in the world. Sweden, Australia and Canada are next in line, while the U.S. is eighth.

### Femten år siden (15 years ago) 2004

Sharon Aamodt's Nordic Folklore art images will be sold again at the October banquet and at the November meeting as a fundraiser. Each folklore print comes with an insert giving information about the artist and the picture.

The Third Annual Ofstedahl Farm Fest will be held October 3, 2004 at the Ofstedahl Farm on County V, Holmen, WI. "Notes of Norway" will be playing from noon until 4:00 PM. Potluck meal will start at 12:00 noon.

Philip Jensen of Galesville is a new member of our Wergeland Lodge. He and his sister visited relatives in Norway this spring and enjoyed observing Syttende Mai in Oslo.

(continued from p. 5) grams for the lodges and individual members. There are many items available from the Information Bank such as "About the Folk Costumes of Norway" and "Some Basic Genealogy Information"; and an Idea Bank with items

(continued from p. 5) giving suggestions for lodge programs. There are slide shows furnished on topics ranging from "The Winter Fishing for Cod in Lofoten" to "Henrik Ibsen in the Summer of 1862." Many excellent videos may also be booked, all of these through the headquarters in Minneapolis. Thousands of members have benefited from the use of these well-prepared materials.

Another important feature of Sons of Norway is the department called Heritage Books. Through mail order or in person, over 100 titles of books and tapes may be bought, in categories of gift books, literature, history, cooking, language materials, travel/maps, music, etc.

Camp Norway is the summer language program for students 16-22 years of age from America, Canada, and Norway who spend four weeks in Sandane in Nordfjord, Norway, having intensive language study along with unique field trips.

The Sons of Norway Foundation was established "...to preserve the best of the Norwegian heritage and culture for all people...." The goals are to promote improved international relationships, to provide people-to-

people enrichment programs, to promote and implement health sports and improved life-style concepts and to promote humanitarian causes. This features Ski for Light, Vinland National Center, The King Olav V Norwegian-American Heritage Fund, the Astrid C. Cates Fund - the latter two providing scholarships for North American and Norwegian students.

The sports department sponsors a highly visible event in the Barnebirke in Wisconsin, held in February, a non-competitive ski event for children ages 3-13. Taking part are some 1,500 participants, all of whom receive a medal at the finish line. Another sport made available in 1991 to the lodges was orienteering for all ages.

Today Sons of Norway is into its second hundred years. There is a conscious effort to build on the traditions of the past while at the same time focusing on the contemporary Norwegian-American lifestyles and thereby taking on a more modern look. There must be programs vital enough to appeal to the 4th and 5th generation descendants who show interest in their roots. Those original 18 members of "Sønner av Norge" would doubtless be surprised to see where their idea has gone since those first days in January 1895, but one must feel confident that they would be proud to share in this modern philosophy of the fraternal organization they formed.



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## A little in English...

### Most of us still eat dinner at home

What did you eat yesterday? When, where and with whom? And who made the food?

This is what researchers have asked Norwegians, Swedes, Danes and Finns about 15 years apart. First in 1997, then in 2012.

Now the book that summarizes the findings has come out: *Everyday Eating in Denmark, Finland, Norway and Sweden*. It was launched at Oslo Met.

Those who expected us Norwegians to have rejected traditional dishes in favor of exotic foods from other continents that we eat either standing up or out at restaurants were wrong.

Our eating habits are remarkably stable.

One of the few, clear changes is that men make dinner to a greater extent. It is also more common for us to cook together.

### Nordic cakes on the outs

Other changes can be summarized as follows:

- Water has replaced milk for lunch and dinner
- Meat dominates at dinner
- We eat more vegetables
- On weekends we eat less regularly
- More are going out to restaurants
- More are eating unstructured and less healthy
- Cakes are out, snacks are in

### Meat dominates, vegetables on the rise

Meat still dominates for dinner, and vegetables are on the rise. Eating vegetarian dishes for lunch is much more common than before.

Norwegians typically use ground meat for spaghetti with meat sauce, tacos and pizza.

Chicken is also very popular, both roasted and in dishes inspired by other cultures.

In Norway we eat more fish than in the other countries. Fish of various kinds is still popular, especially in Norway and Denmark.

A total of 13,000 inhabitants in the four countries were surveyed, of which 8,000 were in 2012.

## Litt på Norsk...

### De fleste av oss spiser fortsatt middag hjemme

Hva spiste du i går? Når, hvor og med hvem? Og hvem lagde maten?

Dette har forskere spurt nordmenn, svensker, dansker og finner om med 15 års mellomrom. Først i 1997, så i 2012.

Nå kommer boken som oppsummerer funnene, *Everyday Eating in Denmark, Finland, Norway and Sweden*. Den ble lansert ved Oslo Met.

De som forventet at vi nordboere har forkastet husmannskost til fordel for eksotisk mat fra andre verdensdeler som vi inntar stående eller ute på restaurant, tok feil.

Matvanene våre er påfallende stabile.

En av de få, klare endringene er at menn i større grad lager middagen. Det er også vanligere at vi lager mat sammen.

### Nordiske kaker ut

Andre endringer kan oppsummeres slik:

- Vann har erstattet melk til lunsj og middag
- Kjøtt dominerer til middag
- Vi spiser mer grønnsaker
- I helgene spiser vi mindre regelmessig
- Flere går på restaurant
- Flere spiser ustrukturert og mer usunt
- Kaker er på vei ut, snacks inn

### Kjøtt dominerer, grønnsaker på vei opp

Kjøtt dominerer fortsatt til middag, og grønnsaker er på vei opp. Å spise vegetarretter til lunsj er mye vanligere enn før.

Nordmenn bruker kjøttdeig typisk til spagetti med kjøttsaus, taco og i pizza.

Kylling er også veldig populært, både helstekt og i retter inspirert av andre kulturer enn de nordiske.

I Norge spiser vi mer fisk enn i de andre landene. Fisk av ymse slag er fortsatt populært, spesielt i Norge og Danmark.

I alt har 13 000 innbyggere i de fire landene svart, hvorav 8000 personer i 2012.

### Norskedalen events: Ghoulees in the Coulees

#### Family Trick or Treat: Thurs Oct 24 5:30—7:30

Reservation required: \$5 per person, \$10 after Oct 22. Bring a trick or treat bag.

### Haunted Hikes: Friday and Sat, Oct 25 & 26

Reservation required: \$5 per person, \$10 after Oct 22.

**Pumpkins need to be carved! Help carve from 10:00-4:00 on Sat, Oct 19 and 11:00-3:00 on Sun, Oct 20.**

Sons of Norway  
Wergeland Lodge #5/028  
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## OCTOBER 2019



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### Norskedalen Activities

Throne Visitors Center  
Hours From May - Oct:  
Monday-Friday from 9am--5pm  
Saturdays 10am--4pm  
Sunday from 11pm--4pm



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](http://www.norskedalen.org)

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