



the ASKELADDEN news

Sons of Norway • Askeladden Lodge 5-610 • Kalamazoo, Michigan

A Congenial Society of Sons, Daughters, and Friends of Norway

facebook.com/AskeladdenLodge

November 2020

11-20

Meetings: cancelled until further notice due to State of Emergency

Sept - April: 2nd Sundays, 2 p.m.

May only: 3rd Sunday, 2 p.m.

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Sonja Henie, Askeladden, Sognefjord Joint Meeting

Sunday, November 8

2 p.m. (via Zoom)

The Blinding Sea

a film about Roald Amundsen (1872-1928)

(first through the Northwest Passage, first to reach the South Pole,...)

by Canadian filmmaker George Tombs

1 hour 48 minutes running time

“Norwegian polar explorer Roald Amundsen hungered for ice-choked seas and desert places. He was driven by a passion for new knowledge... The film explores the life and loves of Amundsen, combining factual accuracy with bold storytelling, a cross-cultural approach and oral histories from the Amundsen and other families.”

Once started, the film will be shared “full screen.” We will take two or three 5-minute breaks (when we will be able to see each other again). Those who need to leave before the end of the film may do so, of course.

Sons of Norway made this film available to members for viewing.

Zoom info:

Join on laptop, desktop, or other device on which you can view email messages:

<https://us02web.zoom.us/j/81631719028?pwd=RmU5MGRhM0kxSG5VaHF2cDhiL3BNUT09>

Join on other devices with audio/video capability and Zoom app:

Meeting ID: **816 3171 9028**

Passcode: **110820**

Join by phone:

312 626 6799 (Chicago)

Immediately following the movie (at 4 p.m. if all goes well with the movie) Askeladden members will stay online for a **brief business meeting**. The two main orders of business are to approve the 2021 budget emailed to members with their November newsletter, and to extend the term of the current officers for the 2021 year. Because we will be discussing the budget, this has to be a “Closed” business meeting, meaning only active Askeladden Lodge members may be in attendance at this meeting. Because there are only two agenda items, this notice serves as your agenda for our online business meeting. If you have not already ordered a 2021 calendars from Inger, this meeting will be a chance to do so.

Sons of Norway has provided a Q&A session with the award-winning filmmaker of *The Blinding Sea* on YouTube if you want a fuller appreciation of the documentary. You can view it here: https://youtu.be/byjIY18_MVU

ASKELOADDEN NEWS

In Memory

Laurie “Bergie” Bergerson Remembered

Askeladden Lodge has learned of the passing of one of their long-time charter members, Laurie “Bergie” Bergerson, 90, of Peoria, Arizona on September 18, 2018. His daughter, Jennie, recalls that both her father, Bergie, and mother, Barbara, who preceded him in death in 2013, were active members of Askeladden Lodge. Bergie kept his membership in Askeladden for more than twenty years after the family left Michigan for Arizona in 1989 until he moved into an extended care facility in his last years.



Bergie encouraged daughter Jennie to complete a book of stories from her 30 years of teaching music and computer science in Arizona. When her publisher told her she needed to write a hundred more pages for the book to be published, it was her father, Bergie, although afflicted with Alzheimer’s Disease, who remembered more stories, on his “good days,” which Jennie had told him from her first days of teaching.

The following is excerpted from Laurie E. Bergerson’s official obituary:

“Laurie Everette “Bergie” Bergerson, 90, of Peoria, AZ transitioned on September 18, 2018 following an extended period of decline. He was preceded in death by his wife, Barbara Ann. Survivors included sisters Clarice & LaRayne, & brother Gerald of WI; son William [Meg] of Kansas City, MO; daughter Jennie of Sun City, AZ; & German exchange student sons, Friedhelm & Frank Pieper.

Born in Bruce Valley, WI on May 30, 1928, to Otto & Jennie Bergerson, Laurie was the youngest of 11 siblings; and it was they who petitioned that he be named after the eponymous character in *Little Women*. They also augmented Jennie’s devoted care after Otto passed away when Bergie was just three.



Enlisting in the Army as a teen post high school, he went on to major in accounting at the University of Wisconsin; later added an MBA in Finance at Western Michigan University; & the title of Certified Management Accountant in 1974.

During his early career in South Bend, IN, a young actress, Barbara Ann Unger, caught Bergie’s fancy. They wed on June 11, 1955. Vocational moves took the family to St. Joe, then Portage, MI; & ultimately Phoenix, AZ. Both were very active in the Lutheran church at each location. Bergie also served a number of years as quartermaster of the local VFW post in Sun Lakes, AZ. While Barbara kindled an interest in amateur theater - including chancel drama; he awakened her to a penchant for seafaring from his time on troop carriers in the Pacific. They enjoyed three transatlantic crossings, one of which was in celebration of their 50th wedding anniversary. The travel bug also took them to all 50 states, Canada, México & Europe; and shutterbug Bergie captured it all on video at a time when lugging a camcorder was no small feat!

An impeccable man of his word, Bergie was quick to challenge pat assumptions. At the same time, his gregarious, fun-loving nature & wry sense of humor endeared him to many, as did a heart for helping others. Bergie was intrigued by Civil War history; enjoyed watching a good ball game; or playing a round of golf. Yet the bonds formed wherever he went were certainly among his greatest joys - none less than those forged during annual deer hunts in Michigan, which he took part in each year for over three decades!”

Askeladden Lodge has made a donation in memory of Laurie “Bergie” Bergerson to a non-profit organization which provides backpacks of food to Arizona children in need, Arizona Brain Food www.azbrainfood.org – an organization designated by Jennie Bergerson to receive a portion of the profits from her book.

Tra Sportsdirektøren

Sports Challenge: Virtual Walk to Norway

Breaking News: As you may recall, in celebration of the 125th anniversary of the founding of Sons of Norway, District 5 issued a sports/physical challenge to all lodges. It also supports our youth heritage camp, Masse Moro. Lodge members were encouraged to keep track of the miles walked, ran, swam, cycled, skied, or accumulated through other activities using a pedometer, Fit Bit or similar device. The challenge was designed so all ages could participate including Heritage and Unge Venner members.

The Challenge began November 1, 2019, and was originally scheduled through June 15, 2020. Because of the Pandemic the closing date for the challenge has been extended to December 15, 2020. The objective is still the same, to track an individual’s miles from various sporting activities (walking, running, swimming, cycling, and skiing) and obtaining the Lodge’s aggregate total; with the goal to match the virtual distance from Askeladden Lodge to Minneapolis, MN (where Sons of Norway was founded, 604 miles) and then to Ringsaker, Norway where the International Lodge Meeting and Convention would have been held (3984 miles). For a combined Lodge effort of 4,588 miles)

As Sportsdirektøren I will track Askeladden Lodge’s progress and submit our member’s efforts to District 5’s Sports & Recreation Director. Please mail or email me with the following: Participant’s Name, Activity Type, Miles attained. You can also vie for your sports medal as well. Participants may choose to find sponsors who will donate an amount per mile for their efforts, or we may opt to give a donation on behalf of our athletes. Monies will be deposited into the District 5 Nordic Legacy Foundation, with the intent of providing funding to Masse Moro. A suggested minimum contribution of \$50 per lodge is encouraged.

Lodge sports directors are encouraged to receive a monthly report from their participants that can be shared with their lodge members at a meeting or by newsletter, telling how many miles have been recorded. For example, my wife Beverly and I have walked and cycled 1549 miles. This value will increase as I have not made spreadsheet entries for some time. Again, please send your individual distances to me so I can aggregate the Lodge’s total and forward the results to SoN HQ. I will then report our grand total back to the lodge.

Lodges who complete the challenge will be recognized in the following ways:

- Lodge names and locations will be posted on the District 5 webpage.
- Lodges will receive a certificate suitable for framing in recognition of member efforts.
- Pictures of some active participants will be shared at the District 5 Convention in Madison, WI.

Follow the link for a more thorough explanation:

http://www.sonsofnorway5.com/programs/sports_and_recreation.php

Curt Osborn, Askeladden Sports Director

ASKELOADDEN NEWS

Fra Presidenten

Tear, Repair, and Persist: Lessons in Norwegian Friluftsliv

Friluftsliv, the Norwegian concept of the outdoor life, provides guidance for us in all seasons, especially beyond the warm, sunny days of summer. If you haven't read the Seattle Times article our newsletter and Facebook editor, Joan O'Bryan, posted on our Askeladden Facebook site recently, I commend it to you for a good explanation of friluftsliv.

Although the 2020 International Sons of Norway Convention in Ringsaker, Norway, was cancelled due to the Covid-19 pandemic, our District 5 "Virtual Walk to Norway" competition and fundraiser for our Masse Moro Youth Camp continues through December 15, 2020, and provides great incentive for each of us to get outside to enjoy the fresh air life. I have worn a Fitbit much of the time for the past two years, and usually achieve the advised 10,000 daily steps which is about 4 miles. A conservative estimate of my distance walked since November 2019 at 15 miles per week for 50 weeks is 750 miles. I swam laps 56 times from May to October, 2020, as documented by the sparkly blue Smiley Face stickers on my desk calendar at ¼ mile per session for a total of 14 miles. See Sports Director Curt Osborn's article on the "Virtual Walk to Norway" to learn how to participate.

We have had some unfortunate luck lately with knees at Hadley Homestead. My 9-year-old but still rambunctious Golden Retriever, Oakley, charged out to the back fence two weeks ago toward the tantalizing night-time sounds and smells of deer, raccoons, etc., and managed to tear her left back CrCL, the canine equivalent of our ACL. I take her for orthopedic surgery this week, and we are hopeful she will be among the 90% of the 600,000 dogs having this surgery every year who have a full recovery back to an active running and jumping life.

My own knees have developed arthritis over the years, especially the left knee which had surgery following a downhill ski accident some 50 years ago. When I went to my orthopedist last week for cortisone injections to relieve inflammation, my X-rays indicated it was time for total knee replacement surgery. It doesn't take an expert to see from the screen shot of my X-rays that the left knee is now bone-on-bone with the cartilage worn away, and the bones are out of alignment when flexed.

I won't be having my knee surgery until Oakley is healed from hers...but in the spirit of friluftsliv, I will continue to walk, now with the aid of a flexible neoprene brace which helps my leg muscles stabilize my damaged knee joint. I may have slowed some, but I am still walking my daily 10,000 steps. And like Oakley, I hope to be re-built for improved function again.

My younger daughter, Christine, was home with my youngest grandson last weekend. At 21 months, his legs are about 3 inches short of reaching the pedals of my vintage 1950's Taylor tricycle, but he demonstrated initiative and persistence to figure out how to move that heavy tricycle – even if he had to push it, and he proceeded to push it down my 500-foot driveway...that boy is going somewhere in this life! We can take a lesson in friluftsliv from this young Viking!

There are still brilliant yellow, orange, and red fall leaves on the trees but winter will be here soon. Last November 11, we had quite a snowstorm in SW Michigan – so time to get my snowshoes out of storage and ready for action in the spirit of friluftsliv!

Gail Thompson-Hadley

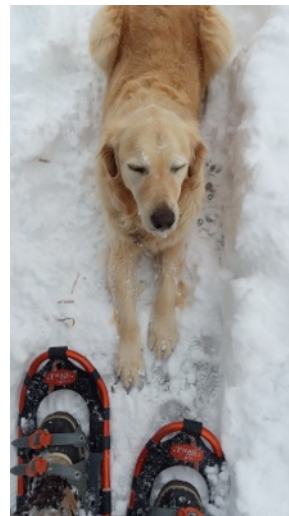
Updated: 2021 Norway calendars available at discount

Order your 2021 Norway calendars at our November meeting or contact Inger at (269) 491-9952 and give her your order directly. Both **Splendor of Norway** and **Viking Verse** (the ones trimmed in Rosemaling) are available. Sweden is available for both versions this year, but Inger will assume Norway unless you specify otherwise. Due to logistical limitations imposed by the pandemic, this offer is for greater Kalamazoo-area people only.

Once they have arrived, calendars will be picked up from Inger by appointment and paid for at the same time, or Joan will deliver them to you in the greater Kalamazoo area if you need them delivered. Inger has extended the order deadline until the end of November, but she would prefer you order as soon as possible. Exact prices are dependent on how many are ordered, but it will be close to \$9. These calendars make excellent Christmas gifts and will be available for pickup or local delivery early in December.



Golden corn stalks ready for harvest. Oct 13, 2020. Hadley Homestead



Oakley and my orange aluminum snowshoes, Nov 11, 2019



Helpful knee brace



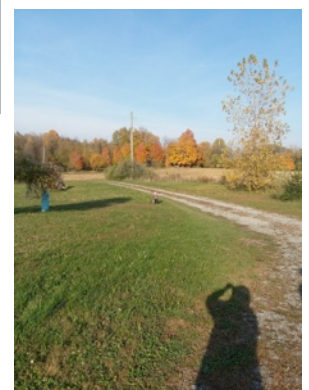
Knee joint in need of repair



November 11, 2019, snowstorm, Hadley Homestead



Yes, I can make it go!



Og der går han!
And there he goes!





SONS of NORWAY

Celebrating **125** Years

Askeladden Lodge
507 Clinton Ave
Kalamazoo, MI 49001

NOVEMBER 2020 KALENDER

- november 1 - Allehelgensdag - All Saints Day
- november 1 - Daylight Saving Time ends
- november 3 - Election Day
- november 8 - Farsdag i Norge - Father's Day in Norway
- **november 8 - Askeladden Lodge monthly meeting - 2 p.m.**
Business Meeting immediately follows movie
-  • november 11 - Veterans Day - Remembrance Day (Canada)
-  • november 26 - Thanksgiving Day
- november 27 - last day to submit articles for *Askeladden News*

Gratulerer med dagen!
Fødselsdag Hilsener
November Birthdays

John Thingstad
Judy Hande-Skutnick
Inger Thoen
Christine Hadley
Brooke Teeter


NOTICE: All Askeladden **in-person** events are cancelled until further notice.

Askeladden Lodge Library

www.librarything.com/catalog/SonsofNorway
Contact Curtis Cleveland with questions or to reserve resources.

Don't forget to take the District 5 Virtual Classes Survey!

<https://survey.sogosurvey.com/Survey1.aspx?WsWsPsPsPsSRXSVUQQU&lang=0>

 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 to provide quality insurance and financial products to our members.