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## Wergeland Kalender

- ◆ June 2, Pie Social with musical guests the Luren Singers, at First Lutheran in Onalaska: 7:00 pm
- ◆ June 11, 5:30 pm, Board meeting at Perkins on Hwy 16
- ◆ June 18, Deadline for Budstikken articles
- ◆ June 27, Budstikken mailed to members
- ◆ **July Meeting has been cancelled** due to Fourth of July holiday.



## Fra Presidenten

What a great night we had at Drugan's for our Syttende Mai banquet. We had a large turnout (almost 110 in attendance), a wonderful meal and top notch entertainment provided by the "Ladies of the Fjord". Tusen takk to everyone who had a hand in planning the evening, securing the entertainment, selling the tickets and everything else that goes into an event like this. Also, congratulations to all of the members who were honored at the banquet for your years of membership. Your dedication to and longevity with Sons of Norway speaks volumes about our organization and members. Thank you!

Right on the heels of Syttende Mai comes another of our traditional events, the June pie and ice cream social and concert. We are pleased that once again the Luren Singers can be with us. This is another event that is great to bring a guest to. Just a reminder if you are bringing a pie for the event, please make sure that it does not contain nuts.

Also, I will be making my annual birthday bike ride in June with pledges going to our scholarship fund. This year's ride will cover 56 miles and (weather permitting) will happen on my birthday, June 22. Those wishing to pledge toward the ride can do so at the pie and ice cream social or send me an email at the address listed on the back page.

As our July meeting this year would have landed on the Fourth of July, it was voted on by the board to not hold a meeting in July. My wife and I are planning on taking advantage of this with a short trip north (probably the north shore above Duluth) with our bikes and or kayaks to celebrate our anniversary on July 2. We would also like to finally do some hiking in Copper Falls state park in northern Wisconsin (we've tried three times and been rained out each time).

Enjoy the weather as it starts to warm and I will see you at the pie and ice cream social.

- Dave

**Next meeting: 7:00 Thursday, June 6, 2019, at FIRST LUTHERAN in ONALASKA, 410 Main St, Onalaska,**



## Program for June

The Luren Singers will share their beautiful music, followed by Pie & Ice Cream!

**PIE SOCIAL!! Please bring two pies—remember no nuts! (contact Dee Johnson, 608-385-8377)**

An offering will be taken for the Luren Singers, but also, a basket will be out for our usual meal donation as we enjoy the pie and ice cream!





## Juni Birthdays

- 3 Richard Arlan Marking
- 3 Catherine J Ofte
- 5 Daniela R Gatica
- 6 John H Monson
- 6 Vivian M Sacia
- 8 Delora A Johnson
- 9 Deborah M Amundson
- 10 Brian G Johnson
- 10 Betsy R Stannard
- 12 Barbara C Hegge
- 14 Ronald O Helstad
- 16 Elwood Dean Harebo
- 17 Linda S Sherwood
- 18 Annie Piske
- 19 Audrey C Olsen
- 22 David Joseph Glomstad
- 22 Carole E Wadel
- 25 Beverly A Ranis
- 27 Arthur M Ford
- 27 Thomas J Monson
- 28 Janice S Brudos
- 30 John P Solberg

## Sekretær Notater...

### Minutes May 2, 2019 General Lodge Meeting

The meeting was held at Drugan's Supper Club on May 2, 2019 with social hour at 5 PM and a buffet dinner at 6 PM.

President David Glomstad opened the meeting with a welcome for all present at 6:00. Ron Nowland presented a table prayer and the meal was served. The menu consisted of a salad bar, meatballs, chicken, mashed potatoes, green beans, coffee, and rice with cherries for dessert.

A guest, Robin Fossum, who is the 5th District Director on the International Board of Sons of Norway was introduced. Ramona Johnson and Kathi Beane presented the awards and pins to the following long term members of Wergeland Lodge:

50 year member: Charlene Juen. (Charlene has actually been a member of our lodge since 1952!).

Golden members: Sandy Mattie, Shirley Schoenfeld, Carol Marking, Barbara Anderson, and Monte Hanson.

25 year members: Adrian and Ramona Johnson.

All moms were recognized. Announcements:

Blair SON Frokost to be held May 11 in Ettrick. Flag raising at La Crosse City Hall May 17th at 9 AM. Please come. Syttende Mai in Westby May 18 and 19 with a Frokost, Norwegian worship service, and the parade on Sunday. Our Wergeland dancers will perform both at the parade and at the Heritage tent on Saturday. Fred and Dee Johnson will drive their convertible in the parade also.

Happy birthday song was sung for May birthdays.

Our next lodge meeting will be held on June 6th at 7:00 at First Lutheran Church in Onalaska. The Luren Singers will perform and an offering will be taken for them. Ramona noted there is a sign up sheet at each table to bring one or two pies that night as it is our traditional pie and ice cream social that evening at the Luren Singers concert. Let's fill up the church that night!

All ladies who were wearing Bunads were asked to stand and be recognized.

Our next board meeting will be held at 5:30, Tuesday May 14th, at Perkins.

Carol Stekel introduced our entertainment for the evening. The program was "Ladies of the Fjord", presented by Karen Rebholz and Carlyce Skjervem. They presented a concert of songs played on Hardanger Fiddles and also had a table display of fiddles they own.

Our attendance for the evening was 109.

Adrian Johnson, lodge secretary



Fred and Dee Johnson rode in their Sebring convertible for the windy, rainy, Westby parade on Sunday, May 19.

### Westby's Syttende Mai Parade

Thank you to Fred and Dee Johnson and the Wergeland Dancers who walked alongside the car: Karen Lange, Florence Overgard, Betsy Stannard, and Linnea Mueller.

On Saturday, May 18, the dancers performed in the Norske music tent in Westby and received great response from the event organizers and the audience. Thank you to lodge members, Freida and Ron Nowland and Eugene Johnson, who added their support from the audience.

## Condolences til...

...**Frances Bateman**, on the passing of her husband Bob Bateman, who passed away on May 21.



...**Monroe Johnson** on the death of his wife Beverly (87), who died of a heart attack on the 6th of April. Monroe and Beverly joined Sons of Norway over 40 years ago, Beverly stayed until 2005, and Monroe still belongs. Beverly was an active member of Norskedalen and was an expert at rosemaling. Cards may be sent to Monroe at 8568 Necklace Ave., Cashton, WI 54619-6054

### From the May Banquet:



The famous Drugan's troll welcomed us to a delicious buffet and short meeting. The was followed by a presentation by the "Ladies of the Fjord", Karen Rebholz and Carlyce Skjervem. They entertained with their information about and music played on Hardanger fiddles. A display on the construction of the fiddles as well as a Bunad display

were available for viewing. Karen has a website with more information about her Handanger fiddles: [karen-rebholz.weebly.com](http://karen-rebholz.weebly.com)



Above, Karen and Carlyce perform for the program. Below, two of their beautiful fiddles. Below right: Karen talks with members about the hardanger fiddles that she constructs and far right, Karen and Carlyce pose for Carlyce's husband.



## June Meeting is Concert and Pie & Ice Cream Social

The annual concert and pie/ice cream social will be held on Thursday, June 6. The Luren Singers from Decorah, IA will provide the music starting at 7:00 p.m. followed by pie and ice cream.

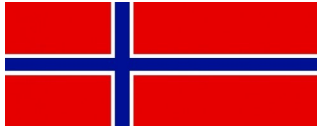
The Luren Singers are the oldest Norwegian-American male chorus in the country. Wergeland member Lee Grippen sings with the group.



The event will be held at a new location this year. The site will be the **First Lutheran Church at 410 Main Street in Onalaska**. The site was recommended for its excellent acoustics and convenient location. The concert will be held on the main floor and the social will be downstairs. There is an elevator and stairs for easy access. There is no admission charge, but free will offerings will be taken for the concert and for the social.

**Members are asked to provide pies, two are suggested,** and ice cream will be provided. The church has a policy of **NO NUTS or latex gloves in the building**. Pie bakers should note the restriction on nuts of any kind.





# Dis og Dat



Do not go to the American Legion for the June Meeting—that is our pie social at **First Lutheran in Onalaska!!**

**Bicycle fund raiser for scholarship fund: President Dave** will again be riding to raise money for the Wergeland Unger Venner scholarship fund. This year's ride will take place on or about June 22 (when weather permits) and will be **56 miles**. If you would like to make a pledge, you can do so at the June meeting or you can do it by email at [djglomstad@gmail.com](mailto:djglomstad@gmail.com) . When making a pledge, you can pledge an amount per mile (for example, .25 per mile times 56 miles would be \$14.00) or you can pledge a flat donation for the ride itself. We will keep the pledge period open until the August meeting, as there is not a July lodge meeting.

**Carla and Carlie Burkhardt** sang Mozart's Requiem with the UW-La Crosse Choral Union, the UWL Concert Choir, and the Logan High School Select Choir, and orchestra on May 3.

More photos from the banquet at Drugans. Below, Kathi Bean and Frieda Nowland model their bunads.



At right, Ramona presents the 50-year-member award to Charlene Juen. To the left, Karen Broadhead talks with Robin Fossum, 5th District Director on the International Board of Sons of Norway at Drugan's. Our banquet was attended by 106 people, pictured below.



## 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.

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### Motor to Alberta to Embrace Your Nordic Roots

If on a summer road trip in Canada and you find yourself near Red Deer, Alberta, hit the brakes and stop by the charming Laft Hus Museum, which is housed in a hand-crafted log building that exudes hygge and is home to an array of intriguing historical artifacts.

The building is modeled after a typical Norwegian 17th century farm home and was hand-built by devoted volunteers. Since 1984, the building has been located in Red Deer's Heritage Square.

The museum offers public programs and classes that can be tailored to specific needs and interests. Topics may include folklore, crafts, Norwegian history and more.

The museum's annual festival is June 15 and will feature Viking reenactments, Scandinavian dancers, lots of children's activities and tasty foods. A fall bake sale is a popular fundraiser for the museum; check out their website for more information.

Admission: Free (\$5 suggested donation) Location: 4402-47 Avenue Red Deer, Alberta More information:

[www.norwegianlafthussociety.ca](http://www.norwegianlafthussociety.ca)

### Midsommer

In Norway, *Midsommer*, the everyday word for the period around the summer solstice, is celebrated on Sankthans, the feast day of St. Johannes, June 24, and most popularly on its eve, Sankthansaften, on June 23. The near match between an astronomical date and that of a Christian festival is a coincidence brought about by Norway's location on the globe and the dominant faith of the country. In the Northern Hemisphere, Midsummer Day, the longest of the year, is the summer solstice on June 20 or 21, while the early Christian Church determined the feast day of Saint John to be June 24, six months before the birth of Christ.

The word *Sankthans* itself most likely is an accident of Norwegian history. It's the Danish name of the day of the feast of St. Johannes, which implies that it entered the Norwegian language during the 400-year period of Danish rule. Moreover, the name Hans is a diminutive of Johannes, an older form of veneration still used to convey a sense of endearment.

Sankthans also has a synonymic name, *Jonsok*, from the Old Norse *Jónsvak*, a combination of a contraction of *Johannes* and the word *vaka*, which then connoted being awake at night to pray before a feast day. The ending *-ok* is a diminutive found in the Norwegian names of many feast days, such as *Olsok* (for St. Olav, July 29) and *Barsok* (for apostle Bartolomeus, September 5).



*Jonsok* was originally a pagan midsummer festival, as the Swedish *Midsommaraf-ton* and the English *Midsummer Eve*. The pagan midsummer festivals differed considerably from the religious ones, in that they involved plays, singing, and dancing around bonfires. During the Protestant Reformation of the 16th century, they were regarded to be immoral and were repressed by the church and the authorities in Denmark and Norway, but survived in Finland and Sweden.

So today in Norway, the popular Sankthansaften bonfire celebration may be said to have both pagan and Christian roots. It takes place two or three days after Midsummer. In 2018, Thursday, June 21, is Midsummer Day, and Saturday, June 23 is Sankthansaften.

Author: M. Michael Brady. This article originally appeared in the June 15, 2018, issue of *The Norwegian American*.

### Ideas for 2020 Programs

The program committee would like input from Wergeland members about programs for the coming year. Do you know of musical groups or speakers on topics of interest to our members?

We have heard members say that they want something educational. What topics would you like to learn? We have programs already covered for this year but need to start planning early for 2020 in order to start scheduling.

Please send any suggestions to: Frieda Nowland at [FriedaNowland@gmail.com](mailto:FriedaNowland@gmail.com), 788-2098 or to Carol Stekel at [jmstekel@aol.com](mailto:jmstekel@aol.com), 486-2175.

**Tre Lag Stevne** (A joint Stevne of Gudbrandsdal Lag National, Trønderlag of America, and Nord Hedmark og Hedemarken Lag)



“CLOSE ENCOUNTERS OF THE NORWEGIAN KIND”

August 7-10, 2019 Alexandria, MN

<http://nhohlag.org/home/stevne/2019-tre-lag-stevne/>

## Looking Back

### Fem år siden (5 years ago) 2014

One of the things we enjoy most about our lodge meetings and similar get-togethers are the stories that are told by fellow members. As one of the goals of Sons of Norway is to preserve our culture, the board has approved a project for our lodge as a group to make an effort to collect as many of these stories as we can and create a book. When you get your story completed, bring them to a meeting or email them to David Glomstad.

The Luren Singing Society of Decorah, directed by Dr. David E. Judisch gave us a tremendously wonderful concert. They are North American's oldest male Norwegian chorus, now in their 147th year. There were about 200 in attendance.

### Ti år siden (10 years ago) 2009

Joe and Carol Stekel recently attended the Rochester Repertory Theater production of "Pirates of Penzance." Their son, Scott sang the part of the "Modern Major General".

He has appeared in numerous Rochester area musical productions.

Thanks to your vote of support, we were able to give the Riverside Gardens a total of \$1,500 (\$750 from SON Foundation and \$750 from our lodge.) You will be receiving a letter with more information about the Norway garden.

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

The June program was "Ole Goes Up the River" presented by Richard Granum. He shared the stories of Norwegian immigrants who traveled to New Orleans and then up the Mississippi River to this area. While most Norwegians arrived in New York or Montreal, at least four ships arrived in New Orleans in 1854. In addition to this great program, Steve Marking offered to sing our three national anthems.

JoAnn and Keith Briggs were on a 16 day cruise on the Norwegian Wind, going to Central America and the Panama Canal from April 17th to May 3rd. They had a great trip, but always enjoy coming back home.

## Rosemaling Students Headed to Decorah

Rosemalers from throughout the United States will gather at Luther College, Decorah, IA, June 24-27, 2019 to study and practice the Norwegian decorative folk art of rosemaling.

Rosemalers Coast to Coast (RCC) ...convention offers four full days of classes for all levels of painters including a pre-beginning class taught by RCC board member and talented rosemaling instructor Nancy Odalen. New this year is a pre-convention event at the Giants of the Earth Heritage Center in Spring Grove on Sunday, June 23 sponsored by the Center and the Sons of Norway, Valheim Lodge of Spring Grove. Joining convention attendees on the bus will be guides from the Winneshiek County Historical Society who will share the rich history of Decorah and Winneshiek County. There will also be behind-the-scenes tours of the special collections at Decorah's Vesterheim Norwegian-American Museum and an evening reception at Vesterheim and the annual banquet on Tuesday, June 25, evening at Luther College following the membership meeting at 5:45pm in Marty's. The Coulee Region Rosemalers are organizing Make It Take It classes which are scheduled on Monday morning and Tuesday afternoon. Vendors will be available to purchase painting supplies and wood crafts from recognized wood crafters at Luther College during the convention. The association will host its annual meeting during the convention on Tuesday afternoon.

Register today by visiting [www.rosemalingcoast2coast.com](http://www.rosemalingcoast2coast.com) for the full convention schedule, list of classes, and registration form. If you have any questions about the convention or membership, contact Lois Mueller at [nordic@mhtc.net](mailto:nordic@mhtc.net) or Nancy Odalen at [naodalen@charter.net](mailto:naodalen@charter.net).

The purpose of the Rosemalers Coast to Coast, Inc. is to celebrate the art of rosemaling through a national organization that assists, supports and enriches the artistic activities of the individual while strengthening the rosemaling community through newsletters, articles, books and biennial conventions. For more membership information, visit us at [www.rosemalingcoast2coast.com](http://www.rosemalingcoast2coast.com) or on Facebook. Contact President Lois Mueller at [nordic@mhtc.net](mailto:nordic@mhtc.net) with any questions about the association.



## A little in English...

### Crosswords, Knitting and Gardening Lower Risk of Alzheimer's

Physical activity can prevent dementia in the elderly. But activities that stimulate the brain, such as reading, going to a concert or weeding the garden, also lower the risk of physical activity.

This was shown by a University of Gothenburg study, which was recently published in the journal *Neurology*. Researchers monitored 800 women over 44 years. When the study started in 1968, they were 47 years old, on average. When the study was completed in 2012, they were an average of 91 years.

The researchers regularly asked the women which physical and mental activities they were doing, which can stimulate the brain.

**Physically active people halved their risk** During the 44 years of study, 194 women developed dementia—almost one in four.

It turned out that the most physically active women halved their risk of developing dementia due to vascular diseases in the brain, compared to the physically completely passive.

In addition, women over the years were asked about cultural activities. The women who were most culturally active were also protected against dementia, especially Alzheimer's.

**Culture also protected the physically passive** Women who were artistically, intellectually or manually active had a 46 percent lower risk of developing Alzheimer's disease than cultural slackers.

Ergo, reading, singing in choirs, knitting, solving crosswords or weeding your garden can protect almost as much against dementia as strenuous physical activity.

These culturally active ladies also had a 34 percent lower risk of developing other forms of dementia.

## Litt på Norsk...

### Kryssord, strikking og hagearbeid senker risikoen for Alzheimers

Fysisk aktivitet kan forebygge demens hos eldre. Men også aktiviteter som stimulerer hjernen, som å lese, gå på konsert eller å luke i hagen, senker risikoen uavhengig av fysisk aktivitet.

Det viser en studie ved Göteborgs universitet, som nylig ble publisert i tidsskriftet *Neurology*.

Forskerne har fulgt 800 kvinner gjennom 44 år. Da studien startet i 1968, var de i snitt 47 år. Da studien ble avsluttet i 2012, var de i snitt 91 år.

Forskerne har jevnlig stilt kvinnene spørsmål om hvilke fysiske og mentale aktiviteter de drev med, som kan stimulere hjernen.

**Fysisk aktive halverte risikoen** I løpet av de 44 årene studien varte, utviklet 194 kvinner demens, altså nesten en av fire.

Det viste seg at de mest fysisk aktive kvinnene halverte risikoen for å utvikle demens som skyldes kar-sykdommer i hjernen, sammenlignet med fysisk helt passive.

I tillegg var kvinnene gjennom årenes løp blitt spurt om kulturelle aktiviteter. De kvinnene som var mest kulturelt aktive, var også beskyttet mot demens, særlig Alzheimers.

**Kultur beskyttet også fysisk passive** Kvinner som var kunstnerisk, intellektuelt eller manuelt aktive hadde hele 46 prosent lavere risiko for å utvikle Alzheimers sykdom enn kulturelle latsabber.

Ergo kan det å lese, synge i kor, strikke, løse kryssord eller luke i hagen beskytte nesten like mye mot demens som å være i høy fysisk aktivitet.

Disse kulturelt aktive damene fikk også 34 prosent lavere risiko for å utvikle andre former for demens.



Happy 176th Birthday to Edvard Grieg on June 15. Photo: Elliott & Fry / Wikimedia Commons. Nina and Edvard Grieg in London.



The **Norwaylist** Face Book page may be of interest to you. Their description: "An offshoot of the genealogical mailing list The Norway List at Norwaylist@rootsweb.com. We discuss Norwegian genealogy and all things Norwegian."

Sons of Norway  
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JUNE 2019



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Cell: 715-797-6414

## 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)