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Facebook: [Sons of Norway La Crosse Wergeland Lodge](#) April 2026 Vol 61 Issue 4

Fra Presidenten



As I write this, we are due for a very bad storm. I hope this is the last one of the season. Again, I hope everyone is careful walking and driving.

Hopefully we can get out some type of poster so we can advertise and get more members. If we get a new type of post out, I hope everyone can put up these posters in all sorts of locations.

See you at Harry J Olson Senior Center on Thursday April 2nd for our next meeting.

- Dave

- Wergeland Kalender**
- ◆ Apr 2—6:00 Wergeland Lodge Meeting Harry J. Olson Senior Center, 1607 North St., La Crosse, WI
 - ◆ Apr 7—Wergeland Board Meeting, 5:30 Perkins
 - ◆ Apr 20—Deadline for Budstikken articles
 - ◆ Apr 30—Budstikken mailed to members
 - ◆ May 7—Syttende Mai Banquet at Cedar Creek, 5:00 Social Hour, 6:00 pm Dinner



Syttende Mai Banquet MAY 7TH

Our Lodge will celebrate Syttende Mai with a special meal at Cedar Creek. Reserve your tickets at the April meeting or call Linda Sherwood, 608-784-9788.

The ticket price will be \$32. The menu will be announced at the April meeting.



PROGRAM FOR APRIL

For the Love of Cod – Eric Dregni

LUNCH PROVIDERS FOR THE APRIL 2 MEETING

- Sandwiches (2½ doz):** Tracey Grinde, Karen Broadhead, Lloyd Hoff
 - Cake or bars:** Carol Stekel, Karen Saegrove, Char Smith
 - Pickles:** Lee Grippen (Sweet), Pam Knudtson
 - Fruit or vegetable tray:** Dan Rogne (veg), Lilly Jacobson (cheese)
- Members are asked to donate \$5**





Birthdays April

- 01 Carol E Stekel
- 05 Wayne A Jacobson
- 05 Judith Ann Konop
- 07 Meg E Canepa
- 08 Alvin R Forde
- 20 Daniel P Green
- 21 Carla A Burkhardt
- 23 Mark Spencer Everson
- 24 Ben Everson
- 26 Mary E Borreson
- 27 Edmund Lokstad
- 29 Glenn L Borreson

Program for May

Banquet at Cedar Creek; Program: "Trolls"

Sekretær Notater...

Minutes from the February 5 Wergeland Lodge Meeting

President Dave calls meeting to order at 6:40.

Pledge was said and our "National Anthem" Fedrellassang" and "O Canada" were sung.

Guests were introduced: The Amundson, "History Alive" speakers from Westby. They will be our Speakers in Oct.

Secretary's report was printed in the Budstikken and approved as printed.

Treasurers report was read and approved as read. \$1500 was transferred from savings to cover the cost of those attending the convention in Stoughton.

Raffle: \$24 Winners - Gary Corbisier and Kathy Anderson

New directories are available for \$5. See Adrian to purchase.

Birthday song was sung.

Syttende Mai dinner will return to Cedar Creek. Linda will report next month on menu and cost.

Meeting adjourned at 6:55

Members present-43

Program - Pioneering Sandagers - Karla Brown



Treasurer's Report:

Feb 28, 2026 checking balance	\$3126.83
Feb 28, 2026 scholarship balance	\$1548.00
Feb 28, 2026 savings balance	\$6866.72
Feb 28, 2026 Wergeland has	\$11,541.55

Porsgrund Porcelain Plates - part of our heritage

From Sandra Kawatski : A former Wergeland dancer asked for my help with quickly downsizing because of her husband's health issues. She has Porsgrund plates for sale include **1969 through 1985, except for 1974, then 1989, 1990, 1992, 1993 & 1996**. Using google and the year of the plate, you can view photos of many of the plates and their estimated current value. All are in their original boxes and would make memorable gifts for a church or home. The owner is offering them for sale at **\$10 per plate**. There will be no sale at a specific time or place. Instead, after you have checked the internet for fair prices, contact me at sandrakaw@aol.com. I could bring your choice to a lodge meeting or make other arrangements.

Porsgrund artists emphasized Biblical passages in some of the earlier plates, such as Jesus at 12-yrs. old in the temple and Peter in his fishing boat. In later years, artists painted Norwegian winter scenes and Christmas traditions to be passed on through generations.

Program for April: *For the Love of Cod: A Father and Son's search for Norwegian Happiness* by Eric Dregni

Norway is near the top of the World Happiness Report, but is it so happy? **Eric Dregni** had his doubts. He wrote about moving from Minnesota to Norway in *In Cod We Trust*. The Norwegian government paid for the birth of his child, gave them \$5,000 and \$150 each month for the baby. Happiness is more than a generous health care system, right? What about those grim months without sun? When Eilif turned 15, they returned together to investigate, and *For the Love of Cod* is their report on Norwegian "bliss."



March Lodge meeting guests included **Dave and Ruth Amundson** from Westby. They are devoted to keeping Norwegian "history alive" with area school students. <https://www.historyaliveproject.com/>



Karla Brown (right) with Lynn Curtis (left) and Lee Grippen (above).

From the March Meeting: Pioneering Sandagers

Karla Brown from Decorah shared her family history, describing their progress in settling in Winneshiek County. This was in the period of time when Cleng Peerson was actively assisting Norwegians immigrating to Wisconsin and Iowa. At right is the dug-out home that they lived in.



Karla's great-great-grandfather Endre Sandager joined his older brother Thore in the Calmar area. Thore (at the right with his wife) was instrumental in the calling of Reverend U. V. Koren (read *The Diary of Elisabeth Koren*, if you haven't already!) as well as being one of three incorporators of Luther College. (Carla Burkhardt's great-great-uncle Gulbrond T. Lommen was also one of the incorporators.)



Karla also reminded us about Norwegian naming traditions. She ran into many puzzles, one being that Thore was known as both Thore Skotland and Thore Peterson! Also, the first-born son was named after the father, but if that child died and another son was born, then he would take the father's name. See this information from her presentation on p. 5.





Dis og Dat



Carla Burkhardt traveled to Jamaica with a group from Winona; they painted at a school in Treasure Beach (near Black River, where the Hurricane landed) and at a home in Ocho Rios, as well as donated 900 lbs of clothes and supplies. The trip included plenty of down time and wonderful food. Hopefully, this will be an annual trip!



Wergeland Lodge member directories will be available at the April Lodge meeting. Officers and Directors get a complimentary copy. Others may purchase one for \$5.



Lilly Jacobson (above) is planning to attend **Masse Moro Heritage Camp** this year! She is applying for our Wergeland scholarship and the District 5 Scholarship, but these do not cover the complete cost. Therefore, Lilly will be having a **fundraising table of Norwegian crafts and other items to raise money** for Masse Moro at the next few meetings.

Looking Back

Fem år siden (5 years ago) 2021

Norway House Exhibit - Red River Girl: The Thortvedt Family's Journey to America. This exhibit, in partnership with the Vest-Telemark Museum in Norway and the Historical Society of Clay County, MN, told a story of emigration from Norway to United States. The family emigrated in the mid-19th century. They recorded their history through their own drawings, photographs, letters, and journals.

Ti år siden (10 years ago) 2016

Bill Schrankler presented a program called, "Shadows of Time, Minnesota's Surviving Depots." He gathered the information by traveling and researching over 200 existing depots in Minnesota.

Woodcarver, sculptor, and artist describe the life and many talents of Gustav Adolph Vigeland. He is not well known outside Norway, but is considered one of the greatest artists of Norwegian culture. The Norwegian government commissioned him to design and complete sculptures for Frogner Park in Oslo.

This project became his life work. Vigeland works concentrated on the human family and the phases of life.

Femten år siden (15 years ago) 2011

The Wergeland cookie bakers baked 75 dozen cookies to for the Barnebirkie skiers. The total amount donated was 1,597 dozen or 19,064 cookies! There were over 1,100 young skiers so that was more than 1 dozen for each.

The Stoughton High School Norwegian Dancers performed a variety of traditional folk dances, including the famous Halling Acrobatic Dance from the Norwegian "old country." The dancers were decked out in authentic costumes of the many districts of Norway, lilting music, and narration of the dances made for an exciting afternoon.

Kondolerer til...

...til **Betsy Stannard** and family on the passing of Dennis Stannard. Dennis passed away March 1, 2026. Dennis retired from the UW-La Crosse Admissions Office in the 1990's.

...til **Jim Michelson** on the passing of his niece, Katherine Rusch, 43, of Boston, MA, who died suddenly on February 27, 2026. Katie will be interred in West Salem with five previous generations of her Norwegian ancestry.

God Bedring...

...til **Sally Olson**, who is recovering from a fall. She has finally returned home and is feeling better.

...til **Lisa Cash**, who is recuperating at home from shoulder surgery.

May 15 Troll Tour

Syttende Mai (May 17th) falls on a Sunday and therefore, City Hall is not open, and we will not have a flag raising.

INSTEAD, on **Friday, May 15**, everyone is invited to gather at the La Crosse International Friendship Gardens to visit our Trolls and the Norwegian section. Parking is available by the Gardens in Riverside Park (345 E Veterans Memorial Dr).

Then we will go to **breakfast!** It might be good to let Ramona know if you will eat so that we can get a reservation.

Chicken Q!

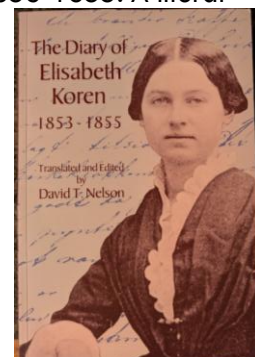
To help bolster our Wergeland Lodge budget, we are working on plans for a Chicken Q through Rooster Andy's, likely in the Bridgeview Plaza parking lot. Date is yet to be determined but know that we will need your help selling advance tickets – we need to have at least 300 meals sold. There will be a few day-of duties, and we will also ask for bake sale items.

It's very early in the Wergeland **Officer** cycle, but we encourage you to think about what officer position you might be interested in next year. For instance, there will be certain openings in the Treasurer and Social Committee area! The September nomination time will be here before we know it!

Norwegian Naming Traditions (from Karla Brown's talk)

- 1st son named after paternal grandfather and 2nd son after maternal grandfather
- 1st daughter named after paternal grandmother and 2nd after maternal
- Subsequent children after great-grandparents
- Names spelled phonetically with no standard spelling
- Naming younger children of the same sex after deceased children
- Adding "son" or "daughter" to father's 1st name
- Adopting the name of a farm owned as a last name

Also in Karen Brown's presentation were many references to Reverend U.V. Koren. Some of you may be familiar with *The Diary of Elisabeth Koren 1853-1855*. A literal diary, Elisabeth's uncomfortable journey from Norway to her largely uncomfortable life in NE Iowa. From the book's preface, "The diary describes primitive travel with memorable concreteness: rough and inhospitable taverns...a dugout canoe on the Wisconsin River and a crossing of the Mississippi on ice..."



Sangerfest 2026: Melodies on the Mississippi

Every other year, the Norwegian Singers Association of America (www.nsaonline.org) holds "Sangerfest" (Singing Festival). Sangerfest 2026 will be held at the La Crosse Center June 12-13. Participating choruses include the Edvard Grieg Chorus from Madison and of course the Luren Singing Society from Decorah.

Our **Wergeland Dancers** will represent our lodge by volunteering their time to hand out programs and welcome people at the La Crosse Center. They will be wearing their bunads to make people aware of their heritage.

DET ER TID FOR KAFFEGRUPPE!



HVIS DU LIKER KAFFE OG VIL SNACKE NORSK, BLI MED OSS!

Kaffegruppe in Westby

Kaffegruppe began in January and continues to meet on the 2nd Tuesday of the month 2 pm until 4 pm. Join in if you want to speak Norwegian, listen to Norwegian, or start learning a few Norwegian words and phrases. There also are coffee and treats!

Sessions are held at the Westby Area Historical Society Thoreson House Museum. 111 N. Bekkedal Avenue in Westby.

The first hour is "Norwegian only." The second hour will be help learning Norwegian. All are welcome! There is a Norwegian wordbook available.

More Daylight

We are gaining 3 minutes of daylight every day. From News 19, as of March 17, we now have 12 hours of daylight and by April 8, we will have 13 hours of Daylight!

On June 21, the longest day of the year (or Midsommar), La Crosse will get about 15 hours and 27 minutes of daylight.



Anja Diedrich Bio

If you remember, **Anja Diedrich** and her sister **Mathea**, both students at UW-La Crosse, joined us at a meeting the fall of 2024. Anja had been awarded a Sons of Norway Foundation Scholarship for study in Norway. She provides more information on her background and the scholarship below:

"Hi, my name is Anja Diedrich! I received the Beinhauer/Espeland Scholarship in the fall of 2024. I'm studying recreational therapy at UW La Crosse. I have been a member of the Madison Sons of Norway, Idun Lodge, since I was very young. Sons of Norway was my first introduction to Norwegian culture. I remember my parents bringing me to the Juletre fests and volunteering to make lefse for lodge fundraisers.



I have strong Norwegian heritage and have always felt connected to my Norwegian roots. Growing up, it seemed normal that the "welcome" sign in my grandparents' entryway said "velkommen," that my family went to the Syttendemaï parade in Woodville every year, and that I studied Norwegian online in high school.

One of my goals for as long as I can remember was to travel to Norway. I realized this goal when I had the opportunity to study at a folk school from 2021-22. I lived at a school that was very isolated but surrounded by the most beautiful fjords and mountains I have ever seen. Since then, I have traveled back to Norway for a couple short visits and got to reconnect with friends from folk school.

SAVE the DATE

DISTRICT 5 CONVENTION
AUGUST 2 - 6, 2026
MINDT LODGE 5-314
STOUGHTON, WI

SONS OF NORWAY
District 5

26

Sons of Norway District 5 Convention

Wergeland Lodge lodge will send 3-4 delegates, covering a majority of their expenses. That said, **anyone** interested may register as an attendee. There are informational workshops, speakers, and displays with something for everyone.

Details at
sonsofnorway5.com/library/original/docman/January302026FFFN.pdf

A little in English...

Reduce stress with half an hour in nature

20 to 30 minutes in contact with nature is the most effective length of time to lower stress hormones in the body, a new study shows.

If you go for a walk or sit in a place that makes you feel connected to nature for 20 minutes, it will make you less stressed. This is what researchers write in a new study in which they claim to have found the most effective length of time to reduce stress. The researchers go so far as to call it a "nature pill."

"We have known that time in nature reduces stress, but until now it has been unclear how much is needed, how often and what kind of nature experiences provide these benefits," says the lead researcher of the study, MaryCarol Hunder at the University of Michigan, in a press release.

The study shows that 20-30 minutes in nature lowers stress hormones in the body most effectively.

Urbanization, sitting indoors and watching screens can have negative health effects for many in today's society. The 20-30 minutes could be a budget-friendly and achievable solution to improve these, according to the researchers.

Timeout from everyday life

"The new study is interesting, but not very surprising," says Thomas Hansen, researcher at the Welfare Research Institute NOVA and OsloMet, to forskning.no. There are several things that can contribute to more people being less stressed when they encounter nature. "It provides a completely different presence where you can clear your mind, forget about time and place and be in tune with nature. It can feel like a timeout from everyday problems," says Hansen.

He also believes that it may be due to a natural need to be in contact with nature.

"From a historical and evolutionary perspective, nature has always been central to humans. Living in line with our evolutionary heritage can be thought of as not only strengthening the positive aspects of well-being but also helping to reduce mental discomfort and ill health."



Litt på Norsk...

Bli mindre stresset med en halvtime i naturen

20 til 30 minutter i kontakt med naturen er den mest effektive lengden for å senke stresshormonene i kroppen, viser ny studie.

Hvis du går en tur eller sitter et sted som får deg til å føle kontakt med naturen i 20 minutter vil det gjøre deg mindre stresset. Det skriver forskere i en ny studie der de hevder å ha funnet den mest effektive lengden for å stresse ned. Forskerne går så langt som å kalle det en «naturpille».

– Vi har visst at tid i naturen reduserer stress, men inntil nå har det vært uklart hvor mye som trengs, hvor ofte og hva slags naturopplevelser som gir disse fordelene, sier hovedforsker av studien, MaryCarol Hunder ved University of Michigan, i en pressemelding.

Studien viser at 20-30 minutter i naturen senker stresshormonene i kroppen mest effektivt.

Urbanisering, innesitting og skjermtitting kan gi negative helseeffekter for mange i dagens samfunn. De 20-30 minuttene kan være en budsjettvennlig og oppnåelig løsning for å bedre disse, ifølge forskerne.

Timeout fra hverdagen

– Den nye studien er interessant, men ikke veldig overraskende, sier Thomas Hansen, forsker ved Velferdsforskningsinstituttet NOVA og OsloMet, til forskning.no. Det er flere ting som kan bidra til at flere stresser ned i møte med naturen.

– Det gir en helt annen tilstedeværelse der man kan renske tankene, glemme tid og sted og være i pakt med naturen. Det kan føles som en timeout fra hverdagsproblemer, sier Hansen.

Han tror også det kan skyldes et naturgitt behov for å være i kontakt med naturen.

– Naturen har i et historisk og evolusjonært perspektiv alltid vært sentral for mennesket. Å leve i tråd med vår evolusjonære arv kan tenkes å ikke bare styrke de positive sidene ved velværet, men også bidra til å redusere psykisk ubehag og uhelse.

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APRIL 2026



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Norskedalen Activities

Throne Visitors Center

Hours From May - Oct:
Monday-Saturday from 9am--5pm
Sunday from 11am--5pm



*Admission rates for all programs with
Heritage classes is \$10.00 for adults (\$6 for
seniors/military), \$5.00 for children, \$25.00 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, wristband, 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 admissions and receive a wristband.

Norskedalsn phone: 608-452-3424

Website: www.norskedalen.org

Email: infor@norskedalen.org
