



## Inside this issue:

Monthly program / Kalender	1
Birthdays / Secretary's Report	2
Lodge Items	3
Dis og Dat, Looking Back	4
Lodge & SON Items	5
Recipe	6
Lit på Norsk	7
Present officers, Norskedalen info	8

## Fra Presidenten



Hope everyone had a Merry Christmas and will have a Happy New Year. Be sure to have a good time and wish your family and friends the best.

Our next meeting is on Thursday, January 2. Hopefully we have had some snow before then, but not too much.

Be sure to walk and drive carefully because of the snow and ice.

-Dave Hendrickson

### Treasurer's Report:

Nov 30, 2024 checking balance	\$1595.36
(which includes \$84.91 for Dancers)	
Nov 30, 2024 scholarship balance	\$462.00
Nov 30, 2024 savings balance	\$10,072.42
Nov 30, 2024 Wergeland has	\$12,129.78

## Wergeland Kalender

- ♦ Jan 2—6:00 Wergeland Lodge Mtg Radisson Center located on the corner of 2nd & Jay St
- ♦ Jan 6—12:30 Program Committee meeting at Kaddy's Kafe in La Crescent
- ♦ Jan 14—5:30 Board Meeting at Perkins in Onalaska—ALL are welcome!
- ♦ Jan 20—Deadline for Budstikken articles
- ♦ Jan 30—Budstikken mailed to members
- ♦ Feb 6—6:00 Wergeland Lodge Mtg Radisson Center located on the corner of 2nd & Jay St

## From WLAX – Parking News that will begin to affect our Lodge in early 2025\*

"In spring of 2025, the City of La Crosse will make a notable change to parking.

Currently, parking is \$1 per hour, Monday through Friday from the hours of 6am-6pm. But, starting early next year, you will now have to pay \$1 per hour from the hours of 6am-10pm. If you are parking in a ramp on a Saturday, you will also have to pay the \$1 per hour during the same hours as the week.

The ramps are currently free to park in on Saturday's, but now the only free day will be Sunday."

\*The effective date does not seem to be published. We should be fine for January 2025.



## PROGRAM FOR JANUARY

### Officer Installation, Helge Vestnes

### LUNCH PROVIDERS NEEDED!

(The sign up sheet wasn't passed around at the Heritage dinner.)

**Sandwiches:** We need 4 people to bring 2 dozen sandwiches each

**Cake or bars:** We need 3 people to bring a 18-piece cake

**Pickles:** 2 or 3 jars

**Fruit or vegetable tray:** 2 needed



Please call Ramona 608-788-7507 or Linda 608-784-9788 if you will bring an item.  
Members are asked to donate \$3-5



## Program for February

To be determined

### Sekretær Notater...

(No business meeting was held at the December 5 Heritage Banquet, and no Board Meeting was held on December 12, 2024.)

## January Birthdays

- 1 Jerry Smith
- 7 Carlie Gaber
- 14 Phillip Johnson
- 16 Gary J Corbisier
- 18 Marissa A Langaard
- 20 Char I Smith
- 21 Dennis E Sprain
- 22 George Ranis
- 26 Liesl M Allen
- 28 Sarah Hubbard
- 29 Steven M Pedersen

### BARNEBIRKIE Cookies and Volunteering

**Carla Burkhardt** will be volunteering at the Barnebirkie in Hayward, WI, February 20. If you would like to send cookies along, please get them to Carla in a container that does not need to be returned. **She will collect them at the Feb 6, 2025, meeting.** Our District 5 has a goal of 900 dozen cookies (!), so they'll take as many as we can produce!



District 5 Sports Director, Clara Solak, writes: "As always we need volunteer/workers in the cookie tent - please contact me if you are able to help in any way (event and/or transport). Volunteers also need to register with Birkiebeiner. Contact me at Clara.Solak23@gmail.com. Heading up to Hayward to help? Volunteers should make their reservations now."

You may sign up for volunteering online at [birkie.volunteerlocal.com/volunteer/?id=92865](https://birkie.volunteerlocal.com/volunteer/?id=92865). At the question about a password, enter **BarneFinish2025**.

### Nyttårsbukk

New Year's Eve celebrations often include a countdown, gathering of family/friends, food, and drink. While this holds true in Norway, they also have a very unique tradition called Nyttårsbukk. On New Year's Eve, Norwegian children visit houses in their neighborhood and sing New Year's songs in exchange for candy, cookies, and oranges. Sounds familiar, doesn't it? It's almost like Halloween, but instead of saying "Trick or Treat" there is singing and instead of Halloween, it's the last day of the year.

Even adults participate in Nyttårsbukk by dressing up in fancy clothes, visiting friends and family, then getting treated to food and drink in return. What better way for kids to end the year than with a sweet little treat and adults enjoying a visit with family and friends. If nothing else, it's a great excuse to essentially celebrate Halloween twice.



### Arctic Shock

In March of this year, the US Army and the Norwegian Army took part in a combined exercise known as Exercise Arctic Shock. Soldiers from the 11th Airborne Division of the US Army in Alaska were flown to Norway over the North Pole on short notice to demonstrate their rapid response practices. Once they were over the Arctic, they parachuted down over Norway's Lake Takvanet.



The goal of the exercise was to provide cold-weather training, field training, and enhance strategic cooperation between the U.S. Army and the Norwegian Army. Arctic Shock included 100 soldiers from the Norwegian armed forces and around 130 U.S. soldiers. It is part of NATO's efforts to encourage preparedness for potential threats over the high North. This exercise adds to the series of operations that has taken place in the Arctic in previous weeks.

## God Bedring...

...til **Shirley Schoenfeld** as she recovers from a total hip replacement. She is at Benedictine Manor, 2902 East Ave S, La Crosse (Room #316) for a few weeks until she is ready to return to Mill Street Manor. Her phone number is 608-790-0489 and she welcomes visitors!



ownership. Their information is actual Norwegian resources, not Norwegians-in-America resources.

Additional highlights of Heritage Banquet evening: **Lilly** painted enough little wooden Nisse (each painted differently and signed on the back) for every at-

tendee to take one home and hang on their tree. In addition, **Dave Glomstad** also cut out and painted Nisse for the tables. Thank you, Lilly and Dave!



the



A swede ran into his friend, why the long face? I have skunks under my house and can't get rid of them. The Swede said that his Norwegian neighbor had the same problem and made a big tub of lutefisk and threw it under the house and the skunks took off. Maybe I'll try that said his friend. A week later the Swede met his friend again, why the even longer face, didn't you get rid of the skunks? Yah Sure, I made a huge pot of lutefisk and off they went. What's the problem then? Now I can't get the danged Norwegians from under the house!

## Program for January:

We will hold our **Officer Installation**. The listing of 2025 officers can be found on p. 5 of this newsletter. We will also welcome **Helge Vestnes** to give an update on SON insurance products, a great thing to hear from time to time!

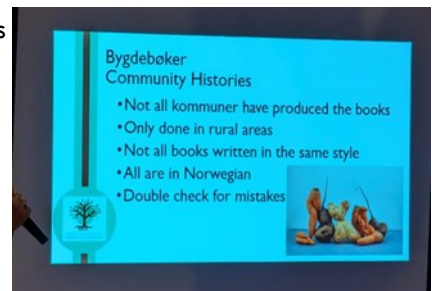
## From December's meeting: The Heritage Dinner, with presenter Dana Kelly from the Norwegian-American Genealogical Center & Naeseth Library

We enjoyed a lovely evening together at The Golf Club at Cedar Creek as we celebrated the traditions of our Lodge. After dinner, a few Norwegian Christmas Carols were sung, and we had a special visitor—Santa Lucia! **Lilly Jacobson** wore a wreath of candles and distributed



candy canes to everyone in the room.

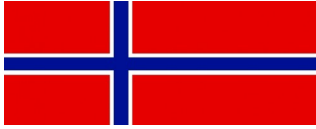
Traveling from the Madison area, Dana Kelly gave a thorough virtual tour of the Norwegian-American Genealogical Center & Naeseth Library, located at 415 W Main St, Madison, WI. The website ([nagcnl.org](http://nagcnl.org)), as well as the Library, hold a wealth of historical documents of Norway, including Bygdeboks of almost every area in Norway. Bygdeboks are detailed histories of regions in Norway, such as the history of farm or land



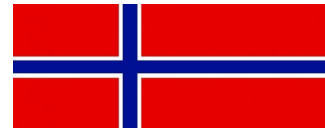
### Bygdebøker Community Histories

- Not all kommuner have produced the books
- Only done in rural areas
- Not all books written in the same style
- All are in Norwegian
- Double check for mistakes





## Dis og Dat



From **Lee Grippen**: Giants of the Earth in Spring Grove, MN, is planning an adult Norwegian Language Camp in March on the 14<sup>th</sup> and 15<sup>th</sup>. This is the rescheduled date from last October of 2024—you can see more information in the October Budstikken. It would be nice to have a number of our lodge attend!

**The Splendor of Norway** is the title of a trip that Glenn's Motorcoach Tours is taking next summer (June 16-26, 2025). Prices start at \$5999 and include airfare and motorcoach pickup in La Crosse and Winona. See [www.glennsmotorcoachtours.com/2025-tours](http://www.glennsmotorcoachtours.com/2025-tours) for a detailed itinerary that starts and ends in Oslo, and includes Lillehammer, Geiranger, Flam, and Bergen.

**Lena asked Ole**, "How do you spell Mississippi?"  
**Ole replied**, "The river or the state?"



The table decorations, Nisse, and desserts were beautiful at the Heritage Dinner.

## Looking Back

### Fem år siden (5 years ago) 2019

Sons of Norway celebrated 125 years! In 1895, 18 Norwegian immigrants in Minneapolis, Minnesota organized the Sons of Norway as a fraternal benefit society.

For likely 1,000 years, a Viking ship had laid beneath the crops in western Norway near the village of Edøy. Archaeologists used radar to discover the ship.

### Ti år siden (10 years ago) 2014

At Union Station in Washington, D.C. lighting of the Norwegian Christmas tree had been a holiday tradition since 1997. The 32-foot tree had little Norwegian and American flags (300 of each), 20,000 lights, and 700 polar bear ornaments.

The polar bear was chosen to remind us that this Nordic animal is under threat and to emphasize the cooperation between Norway and the U.S. on climate issues.

The Wergeland dancers performed at Rotary Lights in La Crosse. The Norskedalen Trio entertained, Myron Rundhaugen played the accordion and sang, and Brian Rude sang songs in Norwegian, while Joyce Abernathy made Norwegian baskets for the children.

### Femten år siden (15 years ago) 2009

Wergeland member Leif Marking was active in promoting and preserving the bluebird population. At Norskedalen, four of the Bernice Busse Memorial boxes produced 33 young bluebirds.

January's Program featured music by scholarship winner Lydia Allen, daughter of Joyce and Brian Allen and granddaughter of Al and Julia Forde. Also, five soloist from Central High School Robed Choir preformed music from the 20th Century, which included Broadway, an Irish ballad, and some patriotic music.

## Sons of Norway Mission Statement

The mission of Sons of Norway is to provide quality insurance and financial products to our members, to promote and preserve the heritage and culture of Norway, and to celebrate our relationship with Scandinavian and other Countries.

## 2025 Officers Installation

Thank you for your willingness to serve our Lodge! Please attend the January Wergeland Lodge meeting to be sworn in as an officer for 2025.

### Officers

President: David Hendrickson  
 Vice President: Heather Jacobson  
 Counselor: Dave Glomstad  
 Secretary: Kathy Anderson  
 Assistant Secretary: Shirley Schoenfeld  
 Membership Secretary: Carla Burkhardt  
 Volunteer Coordinator: Adrian Johnson  
 Treasurer: Adrian Johnson  
 Assistant Treasurer: Kathi Beane  
 Social Director: Linda Sherwood  
 Social Committee, Special meals: Dee Johnson  
 Social Committee, Special Meals: Diana Hobson  
 Social Committee, Special meals: Ramona Johnson  
 Social Committee Jan.-April: Dave Glomsad  
 Social Committee Jan.-April: Pam Knudtson  
 Social Committee Aug.-Nov.: Ann Sprain  
 Social Committee Aug.-Nov.: Lynn Curtis  
 Co-Foundation Director: Ilene Pavelko  
 Co-Foundation Director: Karen Saegrove  
 Sports Director: Carla Burkhardt  
 Cultural/Program: Lynn Curtis, chair  
 Cultural/Program: Dave Glomstad  
 Cultural/Program: Mark Quade  
 Cultural/Program: Lee Grippen  
 Co-Musician: Karan Mathison  
 Co-Musician: Ramona Johnson  
 Historian: Meg Canepa  
 Greeter and Raffle Sales: Kathi Beane  
 Greeter: Ron Nowland  
 Greeter: Lee Grippen  
 Raffle Chairperson: Adrian Johnson  
 Marshall: Gary Knudtson  
 Marshall: Mark Dregne  
 Marshall: Arlen Henderson  
 Marshall: Dan Rogne  
 Marshall: Royce Curtis  
 Auditor: 1st Year: Karen Broadhead  
 Auditor: 2nd Year: Adrian Hagen  
 Trustee: 1st year: Gregg Attleson  
 Trustee: 2nd year: Ramona Johnson  
 Budstikken Editor: Carla Burkhardt

Picture Editor & Webmaster: Carla Burkhardt  
 Librarian: Pam Knudtson  
 Goodwill Fliptops: Vivian Sacia  
 Wergeland Dancer Director: Sandra Kawatski

### Annual Duties

Community Theater Usher Chair: \_\_\_\_\_  
 Salvation Army Bell Ringing Chair: Carla Burkhardt  
 Scholarship Committee: Carla Burkhardt  
 Scholarship Committee: Karen DeSchepper  
 Installing Officer 2025: David Glomstad  
 Installing Officer 2025: Karen Broadhead  
 Installing Officer 2025: Pam Knudtson  
 Nominating Committee 2025 assigned in September

**Tusen Takk to all officers, directors and volunteers.**

## Soft Oatmeal Chocolate Chip Cookies

### Ingredients:

1 and 1/3 sticks butter at room temperature  
 1 cup granulated sugar  
 heaping 3/4 cup brown sugar  
 3 cups flour  
 2 tsp. baking powder  
 1 tsp. vanilla sugar  
 1/2-1 tsp. ground cinnamon  
 3 eggs  
 1 3/4 cup chocolate chips  
 or chopped dark or milk chocolate  
 1 cup oatmeal

### Directions:

1. Mix together the sugar and butter in a food processor. Add the flour, baking powder, vanilla sugar and cinnamon and mix it together to a crumbly mass.
2. Add eggs and chocolate. Work the dough together quickly.
3. Form the dough into a thick sausage shape using baking paper. Let it rest in the fridge or freezer.
4. Cut the dough into 1 cm thick slices and bake at 180 °C (or 350°F) for 10–15 minutes.

Recipe source: <https://www.nrk.no/mat/store-myke-sjokoladekjeks-1.6914054>



### Sons of Norway Foundation Scholarships

The following scholarships are for domestic opportunities and have a February 15 deadline.

- > Astrid G. Cates Vocational Scholarship
- > Dan and Betty Rude Scholarship
- > King Olav V Norwegian-American Heritage Schol.
- > Myrtle Beinhauer Fund\*
- > Nancy Lorraine Jensen Memorial Scholarship Fund\*
- > Orel and Marie Winjum Memorial Scholarship
- > Bernt Anker Scholarship
- > Sissel and Roger Espeland Memorial Scholarship Fund
- > Elaine Nelson Scholarship\*

To find more information and to apply, visit [sofn.com/foundation/scholarships](https://sofn.com/foundation/scholarships).

To find more information and to apply, visit [sofn.com/foundation/scholarships](https://sofn.com/foundation/scholarships). \*Membership with Sons of Norway required (social or insurance)

More photos from the Heritage Banquet held at Cedar Creek.



### Sons of Norway Membership Benefits you should try!

Next in the series of tips for getting the most out of your Sons of Norway membership!!

#### Benefit Highlight #9 - Norwegian in 5 Minutes a Month, with Sound!

SON members can log into [sofn.com](https://sofn.com) and access a great language resource. Go to the highlight link below (or type in the URL shown).

[Language Lessons](https://members.sofn.com/members/showPage.jsp?document=memberresources/learnnorwegian.html&_ga=2.197831087.1021255843.1724729703-382800131.1674420980) ([https://members.sofn.com/members/showPage.jsp?document=memberresources/learnnorwegian.html&\\_ga=2.197831087.1021255843.1724729703-382800131.1674420980](https://members.sofn.com/members/showPage.jsp?document=memberresources/learnnorwegian.html&_ga=2.197831087.1021255843.1724729703-382800131.1674420980))

At that page, you see the following:

Our monthly language lesson has been out for a while now, and many of you have let us know that it is working well. Thank you for taking the time to communicate with us.

Visitors to "Norwegian in 5 Minutes a Month" have asked for information on the Norwegian alphabet and genealogical terms, so we have added pages on both topics. We look forward to your feedback. In the meantime, good luck!

- The Norwegian Alphabet (Print and refer to when listing to the lessons)
- Lesson 1--When meeting people, small talk, and counting 1 to 10
- Lesson 2--When leaving people, small talk, and counting 11 to 20
- Lesson 3---Useful phrases and more numbers
- (plus 34 more lessons!!!.....)

Here is a small sample from Lesson 1  
God dag !

English: Hello (good day)!

Pronunciation: goo dagh

🔊 (can play sound slow or fast)

God kveld!

English: Good evening!

Pronunciation: goo kvelh

🔊 (can play sound slow or fast)



## A little in English...

### Queen Sonja Visits Skien

Queen Sonja is the High Patron of Norges Husflidslag—The Norwegian Folk Art and Craft Association—and over the weekend took part in an event at the Telemark Museum and the Ibsenhuset. The queen wore a bunad from Telemark for the occasion.

She was welcomed by state administrator Trond Rønningen, mayor of Skien Marius Roheim Aarvold and deputy police chief Kathrine Stein. At the museum, she was welcomed by Agnete Siverten, chairman of Norges Husflidslag and Barbra De Haan, director of the Telemark Museum.

### Visitors from all over the country

Last week, The Norwegian Folk Art and Craft Association held a large conference, called "Textile Symposium" in Skien. It is a gathering for everyone who is interested in and deals with textile cultural heritage.

"People have traveled from all over the country to take part in this," says Helene Henriksen of the Norwegian Folk Art and Craft Association, adding that they are very proud that the Queen has devoted two days to attending their event.

From Wednesday to Friday, several courses in rare textile techniques were offered at the Telemark Museum.

### Conference at Ibsenhuset

The Queen attended the opening and also the professional program over the weekend.

"The 2024 Textile Symposium has the Red List [a list that captures endangered craft techniques] as a running theme. With this, we hope to create greater awareness about living traditions, intangible cultural heritage and the practical knowledge linked to hidden and almost forgotten folk art and craft knowledge, says the press release from Norges Husflidslag.

On Saturday, the queen attended the conference at the Ibsenhuset, where she heard lectures about Anne Bamle and the Rødtrøye bunaden [bunad maker who developed the East-Telemark bunad with a red jacket], among other

## Litt på Norsk...

things.

### Dronning Sonja på besøk i Skien

Dronning Sonja er Norges Husflidslags høye beskytter, og deltok denne helga på et arrangement på Telemark Museum og Ibsenhuset.

Dronningen hadde pyntet seg med bunad fra Telemark for anledningen.

Hun ble tatt i mot av statsforvalter Trond Rønningen, ordfører i Skien Marius Roheim Aarvold og visepolitimester Kathrine Stein. Ved museet ble hun ønsket velkommen av det Agnete Siverten, styreleder i Norges Husflidslag og Barbra De Haan, direktør ved Telemark museum.

### Besøkende fra hele landet

Sist uke arrangerte Norsk husflidslag et stort treff, kalt «Tekstilsymposium» i Skien. Det er en samling for alle som er interessert i og driver med tekstil kulturarv.

– Folk har reist fra hele landet for å delta på dette, sier Helene Henriksen i Norsk husflidslag, og legger til at de er veldig stolte av at dronningen vier to dager til programmet deres.

Fra onsdag til fredag har det blitt arrangert flere kurs i sjeldne tekstile teknikker på Telemark Museum.

### Konferanse på Ibsenhuset

Dronningen deltok på åpningen og også på det faglige programmet i helga.

– Tekstilsymposium 2024 har Rødlister som gjennomgående tema. Med det håper vi å skape større bevissthet rundt levende tradisjoner, immateriell kulturarv og praksiskunnskapen knyttet til gjemt og nesten glemt husflidskunnskap, heter det i pressemeldingen fra Norges Husflidslag.

Lørdag deltok dronningen på konferansen på Ibsenhuset, hvor hvor hun blant annet fikk høre foredrag om Anne Bamle og Rødtrøye bunaden.

*Excerpted from: Varden.no*

## District 5 Information Event - all SON members welcome to join the Zoom

Saturday, February 15, 2025, 9:00 am CST. The latest information and updates from the home office, the District 5 Board of Directors, and our local lodges will be shared. In addition, our district leaders and membership have asked for the latest news from the home office, including the SofN Foundation. This activity will be held via Zoom from the comfort of your home; we look forward to seeing you! As the agenda finalizes, it will also be shared via the FFFNews. Stay tuned! Tusen takk, Cheryl Wille-Schlesser President, D5 608-219-4464 (Please leave a voice message.) cwschlesser200bc@gmail.com

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

JANUARY 2025



#### OFFICERS TO CONTACT BETWEEN MEETINGS

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e-mail: heatherjacobson27@gmail.com

**Treasurer - Adrian Johnson** 608-788-7507  
e-mail: r16464650@gmail.com

**Membership Secretary - Carla Burkhardt** 608-317-3262  
e-mail: carla.burkhardt8696@gmail.com  
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Membership Secretary*

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e-mail: hevestnes@gmail.com

#### Norskedalen Activities

##### Throne Visitors Center

Hours From Nov - Apr:  
Monday-Saturday from 9am--4pm  
Sunday from 11am--4pm



*Admission rates for all programs with the excep-  
tion of 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, 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](http://www.norskedalen.org)

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