



**SONS of
NORWAY**

Budstikken

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



Facebook page: Sons of Norway Wergeland Lodge

February 2021

Volume 56, Issue 2

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Wergeland Kalender

- ♦ Feb 4—NO
WERGELAND LODGE
MEETING
- ♦ Feb 9—Board Meeting
TBD
- ♦ Feb 15—Deadline for
Budstikken articles
- ♦ Feb 25—Budstikken
mailed to members
- ♦ Mar 4—No Wergeland
Lodge Meeting

The Coronavirus (and actions being taken to limit its spread) continues to foil our plans. Please watch your email for any changes to upcoming events. If you do not have email, please call Ramona/Adrian at 608-788-7507 to check if an event will happen. Stay well, everyone!

Fra Presidenten



On January 13, 1895, 18 Norwegian immigrants met in Minneapolis and formed a lodge. The Independent Order of the Sons of Norway was founded. They wanted to make sure widows had assistance in their time of need, plus it was a way to promote fellowship for the people adjusting to a new country. Today, that mission continues with the fraternal arm of SON.

As members of Wergeland Lodge, it is good to know that "we are there for each other!" I believe these Norwegian immigrants fulfilled the Valentines Day message--they loved their fellow Norwegians that needed that support.

How do you celebrate Valentines Day? I will probably make a phone call to someone I haven't connected with for awhile, maybe send a greeting and remember in todays world there are lots of ways we can make these greetings. And, it is good to live the Valentine message of love all year long!

Sending my love to all fellow Wergeland Lodge members — Ramona

Treasurer's Report:

December 31, 2020 checking balance	\$ 4,652.96 (which includes \$2,275.12 for Memorials and Dancers)
December 31, 2020 scholarship balance	\$1,506.50
December 31, 2020 savings balance	\$18,951.12
December 31, 2020 Wergeland has	\$25,110.58

TUESDAYS at 6:20 pm: Nordic News Program

Every Tuesday night, tune in at 6:20 p.m. by computer: <https://gotomeet.me/SofN-D5>
By phone: 646-749-3112 (access code: 509-077-557); by iPhone, iPad, or Android tablet/phone: download the GoToMeeting app from the Apple or Google Play Store. Launch the app and enter the meeting code: SofN-D5

You also can access previous Nordic News programs archived at: http://www.sonsofnorway5.com/programs/speakers_bureau.php.



No February Lodge Meeting

Meetings and Programs have been cancelled until the May banquet.



Februar Birthdays

- 5 Monte J Hanson
- 8 Ronald A Nowland
- 11 Mary Ellen Larson
- 13 Lorraine J Glanzer
- 14 Barbara Christian-son
- 14 Willow Howe
- 15 Frances Bateman
- 15 Kennedy Larson
- 15 Theadora Ranis
- 15 Marilyn J Rudser
- 16 Justin H Sanders
- 21 Charlene E Juen
- 23 Darlene S Banks
- 25 Jill A Nelson
- 26 Jamie Maxwell-Basye
- 26 Sigurd Ray Rudser



Program for March

Cancelled

Sekretær Rotater...

The Wergeland Board met on Tuesday, January 12th at 5:30 via Zoom Meeting. The following were present: Ramona Johnson, Shirley Schoenfeld, Carla Burkhardt, Kathi Beane, Carol Stekel, Karen Broadhead, and Adrian Johnson.

Karen mentioned that Zone 3 is holding a virtual officer meeting on January 23rd and anyone in District 5 is invited to participate.

We discussed when we will be able to meet as a lodge again and decided that our annual Syttende Mai banquet at Drugans May 6th will be our target goal. Shirley will ask Rachel Storlie to lead our entertainment for the evening as well as we will give out awards for new golden members and people who participated in the walk to Norway in 2020. At our March Board meeting we will finalize the details and pursue these plans if Covid 19 is sufficiently passed.

Ramona suggested we greet our entire membership in the next month or so, either by a phone call or a Valentine card in the mail. The membership was divided up at the meeting and those present will all contact several people.

Ramona will call the Auditing Committee members and set up the audit as Shirley has the books all ready to be checked out. She also will set up the Trustees to meet to count inventory when the legion building opens up again.

Shirley presented the Treasurers report which is listed elsewhere in this newsletter.

Carla and Ramona mentioned that if our members have interesting stories to share about their Norwegian experiences, they should write them up and send them to Carla for placement in the Budstikken.

Adrian noted that he has some 2021 calendars left and now the price has been reduced to \$8.00, each! Call me if you want several at this super low price. The company that makes them did not have a good year so have reduced the price to us and we can get as many as we want. I also have a few decks of cards left at \$10.00 per deck so call if you are interested in either and we will get them to you somehow.

The meeting was adjourned at 6:20 PM.

—Adrian Johnson, lodge secretary

Reminder: Foundation scholarship applications due March 15!

Applications are due March 15 for domestic scholarships through the Sons of Norway Foundation. These opportunities are available to members of all ages. For detailed information, or to apply online, visit sofn.com/foundation/scholarships.

Norwegian Headline News:

Lutefisk has been named as the 3rd COVID-19 vaccine behind Pfizer and Moderna. The NDFDA (Norwegian Disgusting Food and Drug Administration) announced yesterday that they have stockpiled 1 million doses at a warehouse facility in Madison Minnesota the self proclaimed Lutefisk capital of the world. Ole Larsen and Sven Olsen are head of distribution while Lena and Marit help with distributing recipes for preparing the vaccine inoculations. When asked how effective the vaccine is Ole commented, "Ve are not to sure how vell it verks on keeping one from getting da virus but it is 100% effective at ensuring people wear da mask and social distance". The Swedish Government has just filed a lawsuit against Norway claiming they have the patent rights on Lutefisk. When asked about this Lars commented "Dos crazy Swedes are always trying to steel the show, yust quiet down and eat your lutefisk". Back to you Knut..

(Blame **Lee Grippen** for this...!)



Condolences til...

...**Harry Bolstad** passed away on Dec. 22, 2020 at the age of 88. Harry and his wife Ardis have been Golden members since 2012 - actually over 39 years. Harry was also active in the Sognefjordlaget. Our sincere sympathy to Ardis and his family.



From Sandra Olson, Youth Director, Masse Moro Administrator

"To our Sons of Norway Family: District 5 has many exciting opportunities this summer. I encourage you to go to our website and take advantage of these opportunities for our young people.

Scholarships: Check out our website: sonsofnorway5.com and go to "**Benefits**" Four Academic Scholarships (formerly Book Scholarships); International Summer School Scholarship; Folk High School Scholarship; and, Masse Moro Scholarships Sons of Norway Masse Moro Norwegian Heritage Camp July 18 – 31, 2021.

As we look forward to this summer; we are hopeful to again open our wonderful Masse Moro Camp to our young people. We encourage all of you to do your part and encourage our young people to join us this summer. If there is a reason to again cancel camp due to the pandemic; we will provide an extensive virtual camp for our children. More details and information will be provided later this spring."

"As a reminder, Masse Moro Norwegian Heritage Camp is open to young people, ages of 9 to 15 years old (as of

the first day of camp). The camp is located in a beautiful wooded setting near Fall Creek, Wisconsin. Masse Moro is open to all who wish to partake in a very unique camping experience. Campers will participate in a variety of activities including: archery, Viking games, Norwegian cooking, Norske language class, rosemåling, folk dancing, wood carving; and so much more! Most important, campers will learn about themselves as they explore their family's heritage and network with others who share the bond of their Norwegian ancestry.

The cost for our two week, all-inclusive camp experience is \$850; a real bargain. Consider giving a lasting gift of Camp to your child, grandchild, niece, nephew or a young person you know! *Local Lodges may provide supporting grants to their youth, and District 5 will match this grant up to \$150.00 per participant. Other scholarships are also available (see website). Campers are encouraged to invite a friend! Campers who recruit a new camper and apply by April 1st will receive \$25 toward their tuition and toward the tuition of their recruit. Families may obtain registration materials by visiting the Masse Moro website:

www.massemoro.org or sonsofnorway5.com. For more information or to obtain registration materials you may also contact me: Sandra Olson, District 5 Youth Director, at solsondist5@gmail.com or by phone at 715 698 3433."

***Wergeland Masse Moro Scholarship:** An award of \$150 will be awarded to a Masse Moro camper. More information will be available later this spring. The District 5 Match of Wergeland Scholarship will provide a Local Lodge Supporting Grant match up to \$150 per camper. The application form is due May 17 and is available from Karen Broadhead or Carla Burkhardt, or online at www.massemoro.org/scholarships.

Looking Back

Fem år siden (5 years ago) 2016

The President called for all new 2015 members to come forward. Former president Shirley Schoenfeld and President Dave Glomstad conducted a welcome ceremony. Royce Curtis, Ilene Pavelko and Ann Kathan were initiated as new members.

The program for February 4, 2016 was entitled "Steel and Stone: Viking Knives and Pottery" by Jon Lee.

Ti år siden (10 years ago) 2010

Member Darlene Erickson received her golden member certificate and pin.

Thank you notes were presented from Rebecca Less and Zachery Nowland Johnson for the scholarships they received from our lodge.

February program is about Norwegians "Down Under" which features New Zealand and a Norwegian connection. Local award-winning photographer, John Zoerb, will present a show of his travels in New Zealand.

Femten år siden (15 years ago) 2005

"Happy Birthday" was sung to those with February birthdays. Meeting was closed with the singing of "Let Me Call You Sweetheart." Ken Melby, Co-Cultural Director, introduced Pat Boge, Community Relations Director at the La-Crosse Public Library, who presented a program, "Hearts, Valentines and More."

Our newest book is Ethnic Leadership and Midwestern Politics with a subtitle "Scandinavian-Americans and the Progressive Movement in Wisconsin, 1890-1904 by Jorn Brondal. This is a publication from the Norwegian-American Historical Association, in which our lodge has a life membership.



Dis og Dat



Joan Everson shared some updates on her grandchildren: Ben Everson graduated with honors from UW-Platteville School of Engineering in December, and accepted a position in LaCrosse. Claire Everson a chemist, received her MBA, from Marquette in December. Both Claire and Ben received SON scholarships, their parents are Denise and Mike Everson of Brookfield, Wi. Sam Everson of Sioux Falls, SD has been hired as Compliance VP, of a national banking Corp. Lindsey (Everson) Marsh of Elm Grove, Wi was recently appointed Director of Sales for a chemical firm. Mark Everson of Woodbury, Mn is the father of Lindsey and Sam.

Colorful Norwegian Phrases

Vivid idioms make language-learning fun and memorable. Try working these into everyday conversation.

Ta for god fisk (Take for a good fish)

Meaning: Accepting someone's words at face value

Å være født bak en brunost (Born behind a brown cheese)

Meaning: To be a fool

Å være på bærtur (Be out picking berries)

Meaning: To have no clue about something / To be way off base

Bjørnetjeneste (bear service)

Meaning: well-intended but awkward help; doing someone a favor with negative consequences; disservice

å kjøpe katta i sekken (Buy a cat in a bag)

Meaning: being taken for a ride; you meant to buy one thing but it turned out to be something else

Du store alpakka! (You big alpaca!)

Meaning: an expression of considerable surprise

å stå med skjegget i postkassen (Standing with your beard in the mailbox)

Meaning: to be in a compromising situation after doing something foolish or cheating

Å snakke rett fra leveren (Speaking directly from your liver)

Meaning: speaking plainly without sugar-coating anything

Å ta beina på nakken (To put your legs on your neck)

Meaning: To run away quickly



From **Dave Glomstad**: "Left our fjossnissén up a little longer this year. Can't hurt to have him keeping an eye on things."

District Meeting Held via Zoom

On Saturday, January 23, several Wergeland Lodge officers attended the District 5 Zone Meeting. Normally, this would be a face to face meeting somewhere in the 6-state area, but the online format allowed over 75 participants to receive training, information, and updates. Karen Broadhead (Zone 2 Director), Adrian and Ramona Johnson, Shirley Lokstad Schoenfeld, Vivian Sacia, Carol and Joe Stekel, Marlene McCabe, and Carla Burkhardt were present. Most if not all of the information shared is available at the sonsofnorway5.com website and/or sofn.com.

Sons of Norway Dues

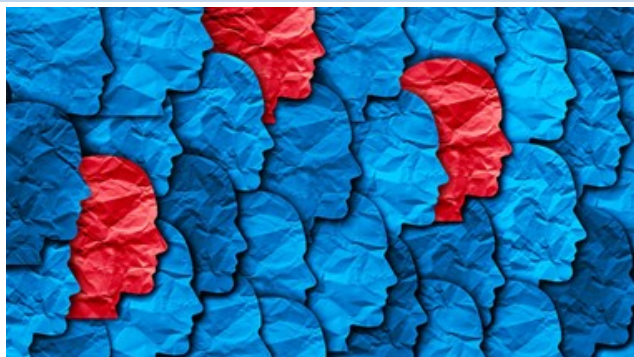
Whether you're at home or away, it's easy to extend your membership today using the new quick pay option:

Go to www.sonsofnorway.com/renew. No log in is required to renew membership. Enter your name and member number to renew at the web page.

Renewing now means you're set to enjoy another year of fun and friendship as part of the Sons of Norway family at Wergeland Lodge 5-28. Thank you for continuing your Sons of Norway membership! Question about your membership? Email Fraternal@sofn.com.

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.



Sharing from Gundersen Health System: Is what you heard about herd immunity correct?

The COVID-19 vaccine is our strongest weapon in the battle against the virus but its arrival reignited discussions about how we achieve herd immunity.

Gundersen experts weigh in.

What is herd immunity?

We attain herd immunity when most of our population reaches immunity and disease rates are so low that even those who are not immune are protected.

It is only through vaccination that we achieve enough herd immunity that we eliminate an infectious disease, like smallpox. Without immunizations, infections go through cycles called epidemics in which there are a high number of infections.

Can infection bring us closer to herd immunity?

Experts don't know how long immunity lasts from natural infection. We do know that people can contract COVID-19 more than once, and we believe that those with no or minimal symptoms may not have long-lasting immunity. Even with infections that have long-lasting immunity like chicken pox, we did not achieve herd immunity until we had a vaccine.

OK, so how do we achieve herd immunity from COVID-19? What will it take from all of us?

We're still learning how to control this virus. Best-case scenario, immunity from the vaccine will be highly effective (and the first two are 95 percent effective), long-lasting (we don't know yet) and widely accepted (that's where you come in). We need most of the world's population to be vaccinated to achieve true herd immunity or even think about approaching eradication. A more likely outcome is that we will be able to control the virus enough that it will result in smaller outbreaks or epidemics so that the impact on people's lives is minimal. If we want to get back to normal, we all have a role to play by wearing masks, distancing, washing our hands and getting vaccinated when it's our turn!

Gundersen's Safety measures during COVID: Keeping you safe when you're here

COVID-19 has changed the way we work, but it hasn't changed our commitment to your health and well-being. We have every precaution to keep you and your family safe if you need to come to our hospitals and clinics.

Face coverings

Bring and wear your own cloth face covering when you visit any Gundersen location. The CDC has more information on how to make your own face covering at home.

Entrance screening

Everyone entering a Gundersen facility will be asked if they are experiencing COVID-19 symptoms, had a recent positive diagnosis or have recently been in contact with a known exposure. Reducing the spread of the virus helps safeguard everyone's health.

Social distancing

You will notice our efforts to help you maintain social distancing. Look for markers on the floor that designate a 6-foot distance between you and patients. We will also implement mobile waiting rooms.

eCheck-in

You can check in for your appointment on your device up to 7 days before your appointment. By using MyChart eCheck-in, you can complete information before you even get to the check-in desk.

Cleaning precautions

Clean locations are always a priority for your experience, but we've increased routine cleaning in every area you will visit.

COVID unit

As part of our planning for a possible surge in COVID-19 cases, a secure unit in our La Crosse Hospital is available to care for patients, with their and our care team's safety in mind. This includes safely transporting patients to and from the unit.

Visitor policy

We know how important family is for the healing process. However, to protect our patients, staff and community during the COVID-19 pandemic, we have modified our visitor policy. There will still be exceptions for end-of-life, interpreter/communication needs, surgery, Labor and Delivery, emergency room and pediatric patients. See our latest visitor guidelines: [https://www.gundersenhealth.org/\(search 'visitor guidelines'\)](https://www.gundersenhealth.org/(search%20%27visitor%20guidelines%27))

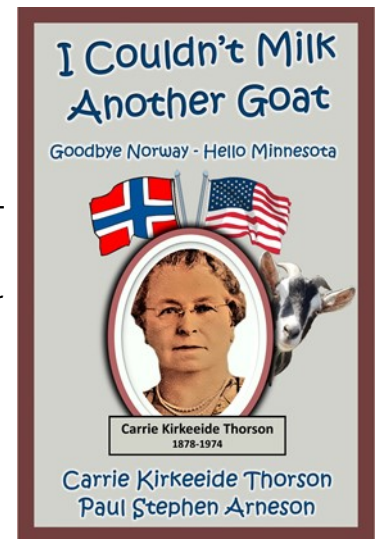
From www.gundersenhealth.org/care/safety-measures/



Embrace simple koselig pleasures with a good book!

Have you wondered what the immigrant experience was like for those who left Norway to make a new life in North America? Here are three authors who've written books to satisfy your curiosity. You can find them at retailers such as Bookshop.org, Scandinavian specialty stores or your local library. Pick one—or more! Then light a candle, pour a mug of coffee or tea and settle in your favorite spot for a cozy, winter read.

I Couldn't Milk Another Goat: Goodbye Norway – Hello Minnesota by Carrie Kirkeeide Thorson and Paul Stephen Arneson. This book shares the stories of Paul Arneson's Norwegian immigrant grandmother. One reader said "Of particular interest to me were the descriptions and personal stories of Carrie Kirkeeide's early years in her small Norwegian farm home. Putting her descriptions of her childhood and adolescent years together with the photos I have of my ancestors' farm, I can better imagine my own family history."



Norwegian Gold

These rich Norwegian Gold cupcakes (or cake!) with chocolate sour cream ganache frosting are perfect for special occasions. Makes 20 cupcakes or one 10-inch cake.

Ingredients

For the cake

1 2/3 cups (190 grams) sifted all-purpose flour
1 cup (2 sticks) unsalted butter
5 large eggs
1 1/2 cups (300 grams) sugar
1 1/2 teaspoons baking powder
1/4 teaspoon fine sea salt
1/4 teaspoon pure vanilla extract
1/4 teaspoon pure almond extract

For the cake or cupcakes

Preheat the oven to 325° F for cake or 375° F for cupcakes. Grease the bottom of a 10-inch tube or bundt pan, or line two cupcake pans with a total of 20 paper liners. Have all ingredients at room temperature. Beat flour and butter together for five minutes. Add eggs one at a time, beating after each addition. Add sugar, baking powder, salt and vanilla and almond extracts. Beat for two minutes more. For a cake, bake for about one hour, checking after fifty minutes. For cupcakes, bake for 20-25 minutes. Cool in pan for 10 minutes and then completely on a rack before frosting.

For the frosting

When ready to frost cake or cupcakes, heat chocolate in a double-boiler until just melted. Stir until smooth, then stir in sour cream and salt. Spread onto completely cooled cake or cupcakes and top with sprinkles or other decorations if you like. Frosting will set over time.

For the chocolate sour cream ganache frosting

10 ounces of your favorite chocolate chips
1 cup sour cream
Pinch of fine sea salt



A little in English...

It's easier to remember where you've eaten chocolate cake than cucumber

The more fat and sugar your food contains, the easier you will remember it.

Do you become happy when you walk past a café where it smells deliciously like cinnamon buns and cakes? Do you easily remember where this café is located, when you return to the same street?

There is a good reason for this, according to Dutch researchers.

Tomatoes and caramels

Researchers asked 500 people to walk around a room where there were eight different food stations.

At the stations, they placed different types of food: apple, melon, peanuts, chocolate cake, potato chips, cucumber, tomato and caramels. The participants were not told to remember where the different foods were. They just had to see, taste and smell the food.

Received a map

Afterwards they received a map. Then they were asked to mark on the map where they'd found the different foods. The experiment showed something exciting. All the participants were much better at remembering where the cakes, peanuts and the food with the most calories were. The tomatoes and cucumbers they forgot more easily.

Important for us to remember where the calories are

We humans and animals have an inner map in our brains that helps us find places and things.

One of the most important things to remember is where to find food. Whether it's in the kitchen cupboard, out on the town or out on the savannah. Researchers believe that the ability to find foods that are high in calories is something we inherited from our early ancestors. For the first humans, it was very important to remember where they could find food that gave them a lot of energy. Then it became easier to survive in nature.

Source:

<https://ung.forskning.no/hjernen/det-er-lettere-a-huske-hvor-du-spiste-en-sjokoladekake-enn-en-agurk/1759925>

Litt på Norsk...

Det er lettere å huske hvor du spiste en sjokoladekake enn en agurk

Jo mer fett og sukker maten inneholder, jo lettere husker du den.

Blir du glad når du går forbi en kafé hvor det dufter deilig av kanelboller og kaker?

Husker du veldig godt hvor nettopp denne kaféen er hen, når du kommer tilbake til den samme gata?

Det er det god grunn til, ifølge nederlandske forskere.

Tomater og karameller

Forskerne ba 500 mennesker om å gå rundt i et rom der det var åtte forskjellige matstasjoner.

På stasjonene har de plassert ulike typer mat: eple, melon, peanøtter, sjokoladekake, potetgull, agurk, tomat og karameller.

Deltakerne fikk ikke beskjed om at de skulle huske hvor de forskjellige matvarene lå.

De skulle bare se, smake og lukte på maten.

Fikk et kart

Etterpå fikk de et kart. Så ble de bedt om å markere hvor på kartet de fant de forskjellige matvarene.

Forsøket viste noe spennende. Alle deltakerne var nemlig mye flinkere til å huske hvor kakene, peanøttene og den maten med mest kalorier lå. Tomatene og agurkene glemte de lettere.

Viktig for oss å huske hvor kaloriene er

Vi mennesker og dyr har et indre kart i hjernen som hjelper oss å finne fram til steder og ting.

En av de viktigste tingene vi må huske, er hvor vi kan finne mat. Enten det er i skapet på kjøkkenet, ute på byen eller ute på savannen. Forskerne tror at evnen til å finne mat som inneholder mye kalorier, er noe vi har fått med oss fra våre tidlige forfedre.

For de første menneskene var det svært viktig å huske hvor de kunne finne mat som ga dem mye energi. Da ble det lettere å overleve i naturen.



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FEBRUARY 2021



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Norskedalen Activities

Throne Visitors Center

Hours From Oct - Apr:

Monday-Saturday from 9am--4pm
Sunday from 11pm--4pm



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."

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.

Norskedalen phone: 608-452-3424

Web site: www.norskedalen.org

E-mail Address: info@norskedalen.org