



SONS of NORWAY

Celebrating **125** Years

Budstikken

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

February 2020

Volume 55, Issue 2

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Wergeland Kalender

- ♦ Feb 6, 6:30 pm General Meeting and Program, American Legion
- ♦ Feb 11, 5:30 pm, Board meeting at Perkins on Hwy 16
- ♦ Feb 17, Deadline for Budstikken articles
- ♦ Feb 27, Budstikken mailed to members
- ♦ March 5, 6:30 General Meeting



**WANTED
COOKIES**
for the Barnebirkie

Fra Counselor



Brrrr !! It's cold outside! President Ramona says it's a balmy 70° in Arizona and the sun is shining as I write this letter. Adrian and Ramona have given so much of their time to SON, and need a little R & R – visiting friends and family in both Arizona and Idaho. They'll be back mid-March. In her absence, you'll have to bear with me as a substitute President, since we don't have a V.P. yet. There are several folks in our membership that would make a good V.P. The two main jobs for V.P. are holding meetings when the President is absent, and planning the New Member Breakfast.

Did you notice the Sons of Norway ad in the La Crosse Tribune on Wednesday, January 15th, or Sunday, January 26th, or in the Coulee Courier on Friday, January 17th about the nice offer we have for all new members from January until March 31st. If they join our lodge now, we are giving them a deduction in the membership cost for the first year – \$48 as an individual instead of \$60. A family membership would be \$75 instead of \$95. All members of the family would have the same address, with the primary person getting the Viking magazine, but each family member can have different e-mail addresses, and can get the Budstikken by e-mail. The individual members can ask for either a printed/mailed copy or an e-mail one. Please get applications from Kathi Beane, Membership Secretary, by calling 608-783-3037. All members, age 16 – 110, have full privileges.

All members should have an application handy to give to a relative or friend to sign up. **Please turn in all applications to Kathi.** Do not send them to Minneapolis. as we need a copy of them. In the next issue, we hope to give you the details of when and where the breakfast will be. Helge Vestnes, our Benefit Counselor, will take care of paying for the breakfast of both the new dues-paying member and the person recruiting them. **Children ages 0–15 are always free to join**, but do not count for this breakfast special. All others may attend by paying the cost of the breakfast if they have not recruited a new member to join. We have always had good programs with Helge Vestnes showing pictures and telling us information about Norway at the breakfasts. **Let's get our membership numbers up again.** If you already know someone who is going to join, please give an applica-

(continued on p. 2)

**Next meeting: Thursday, February 6, 2020,
6:30 PM at the American Legion, 711 6th Street, La Crosse, WI**



Program for February

"Om meg" - fun (and easy) Sons of Norway game
Installation of officers not present in January

Lunch providers for February 6 meeting
Lunch is at the beginning of the evening

Sandwiches (2½ dozen) Dave Glomstad, Ann Sprain, Karen Broadhead
Cakes (18 pcs) Pam Knudtson, Carla Burkhardt, Jeanne Larson, Ilene Pavelko, Frieda Nowland
Fruit/Vegetable Tray Darlene Erickson **Pickles** Corinne Abegglen, Mary Sween
Members are asked to donate \$3 per person at the lunch table for lodge expenses.



Februar Birthdays

- 3 JoAnn B Wittchow
- 5 Monte J Hanson
- 8 Ronald A Nowland
- 13 Lorraine J Glanzer
- 14 Barbara Christianson
- 14 Willow Stokke Howe
- 15 Frances Bateman
- 15 Kennedy Lane Larson
- 15 Theadora Ranis
- 15 Marilyn J Rudser
- 16 Justin H Sanders
- 21 Charlene E Juen
- 23 Darlene S Bankes
- 25 Jill A Nelson
- 26 Jamie Maxwell-Basye
- 26 Sigurd Ray Rudser

Don't Forget!

- 1) Bring your cookies (no nuts or peanut butter please) to the Feb 6 meeting to give to Eugene Johnson, who will deliver to Hayward.
- 2) Record your activities/miles and give the numbers to Karen Broadhead
- 3) Recruit new members!!!
- 4) Wergeland Membership Directories are available from Shirley Schoenfeld for \$4 (free for officers).

Program for March

Eden Ehm, a violin player from Decorah, will present a program with the Hardanger Fiddle.

(Welcome continued from p. 1)

tion to Kathi. We always have a good lunch before a short meeting and have interesting programs. Florence Overgard has a good line-up for 2020. Read about the program for February on p. 3.

We have been fortunate to have many willing members as officers in our lodge, but we do need a **Vice President, a Co-Social Director, and Webmaster**. A **special thanks** to Dave Glomstad, Pres. for 6 years; Ramona VP and Social Chair for that long; Adrian, for filling in many jobs; as well as Kathi Beane. Please give a hand to help out. **Our Marshals are exceptional** – be sure to thank them often. To the others who work regularly – **a BIG thank you**. Anyone that has any ideas for fund raising, please let the officers know or come to a board meeting.

"May Peace and Harmony Prevail in our Lodge" - means we enjoy visiting with each other, enjoy the program and the lunch, and all get along – without any complaining, politics, or religion. Be sure to sit in different places, so you get to meet others, and make everyone feel welcome. Tusen takk!

—Counselor and Treasurer, Shirley Lokstad Schoenfeld

Sekretær Notater...

Minutes January 2, 2020 General Lodge Meeting American Legion, La Crosse, WI

Lunch was served first at 6:35 PM. President Glomstad opened the meeting at 7:00 with the Pledge of Allegiance and the three national anthems. He also wished Sons of Norway a happy 125th anniversary. Guest Mary Larson was introduced. There were no new members to be introduced.

Treasurer's report was given by Shirley Schoenfeld. Foundation cans were passed.

Installation of new officers was conducted by Dave Glomstad, assisted by Karen Broadhead and Pam Knudtson. The following were installed:

Ramona Johnson, President; Shirley Schoenfeld, Counselor and Treasurer; Adrian Johnson, Secretary and Volunteer Coordinator; and Kathi Beane, Membership Secretary and Assistant Treasurer.

The Program Directors were also installed. They include: Foundation Directors, Sports Director, and Cultural Director.

The Support Directors were installed. They include: Musicians, Trustees, Marshals, Auditors, Newsletter Editor, Historian, Greeter, and Assistant Greeters.

The membership was reminded that once again Gene Johnson will be delivering cookies to the Barnebirke in February. Please bring your cookies to the February Lodge Meeting. We need to supply dozens and dozens of cookies for that event.

The gavel was then given to our new President, Ramona Johnson to conclude the business meeting.

The Sports Director, Carla Burkhardt, presented medals to David Glomstad for bicycle riding.

(continued on p. 3)

Condolences til...

Florence Overgard, on the death of her sister-in-law Virginia Dunnum of Onalaska, who passed away on January 15, 2020 at her home. She was 79.

Helge Vestnes, as his brother Morgan Vestnes (65) passed away in January. Helge went to Norway for the funeral and he will be back Feb. 16th. Our sympathy to him and his family.

February Program:

The February 6 program will feature an introduction to a Norwegian board game called '**Om Meg**', which translates to 'About Me'. Created by our District 5 treasurer Mike Palecek, it includes fun facts about Norway, and you'll also find yourself sharing tidbits about places you've been or would like to go, family customs, and comparing notes with fellow gamers. It's easy and entertaining...Come and enjoy!

(Minutes, continued from p. 2)

District 5 Zone 2 Director, Karen Broadhead, reminded us that we should be keeping track of our walking miles and other activities so our lodge can reach the goal of enough miles to get to the International Convention in August 2020.

The January birthdays were sung to.

The next General Meeting will be held February 6th at 6:30 at the Legion. The next Board Meeting will be held Tuesday; January 14th, at 6:30 at Perkins. Ramona reminded us that all members are welcome to attend the board meetings as that is where most decisions are made.

The raffle winnings were \$27.00 each to Skip Temte (who donated it to the Scholarship Fund) and Vivian Sacia, and \$27.00 to the Wergeland general fund.

Adrian reminded everyone to turn in their volunteer hours each month to him as they are needed for our end of the year reports each year. A thank you letter was read from the Sons of Norway Foundation thanking us for our consistent support of that organization.

Adrian also mentioned we are running several newspaper ads promoting membership in our lodge. If visitors or new members come as a result, please make them feel welcome. He also mentioned we have a few sweatshirts and aprons left to sell if anyone is interested.

Counselor Shirley Schoenfeld closed the meeting at 7:45. There were 41 people in attendance.

The program was presented by Shirley Schoenfeld and Mark Quade, highlighting the history of the Sons of Norway on this its 125th anniversary. An interesting slide program was presented, along with names and pictures of all the Presidents of our Wergeland Lodge since its inception on December 11, 1903.

Adrian Johnson, Lodge Secretary.

Treasurers report from Shirley Schoenfeld: General Fund has a balance of 6140.46, which includes memorials and encumbered funds for dancers; Scholarship Fund has a balance of \$2334.50; Savings Account has a balance of \$18607.46. Total financial assets of \$27,082.42

Below, examples of the artistic talent within our lodge! Below right: the tasty cake for SON's 125th birthday





Dis og Dat



Dick Marking & Kathi Beane traveled to Burnet, Texas, to celebrate the holidays with Dick's family. There were 26, which made for lots of eating of good food, great fellowship, and the sharing of many memories with great new ones being made.

Gary & Pam Knudtson visited their son and daughter and families for Christmas in Denver, CO. They enjoyed beautiful weather while there...and terrible weather on their trip home.

From the January Program: The installation of 2020 officers was held. Dave Glomstad, Installation Officer, was assisted by marshals Karen Broadhead and Pam Knudtson, as President Ramona Johnson was installed as well as the rest of the team. More photos on p. 5.

Celebrating Sons of Norway's 125 years!

We had CAKE and we colored! Also, Shirley Lokstad Schoenfeld and Mark Quade shared some slides from the Minneapolis office as well as some interesting photos from Wermland's 117 years of history, including all of the former presidents.



Photos from the January Installation of Officers:

Installing officers Dave Glomstad, assisted by Karen Broadhead and Pam Knudtson



Executive Officers
Adrian Johnson, Kathi Beane, Shirley Schoenfeld, and Ramona Johnson.



Program Directors: Carla Burkhardt, Florence Overgard, and Ilene Pavelko



Support Directors: Doris Henderson, Ron and Frieda Nowland, Linda Sherwood, Carla Burkhardt, Kathi Beane, Dick Marking, Gary Knutson, Fred Johnson, Dennis Sprain, Vivian Sacia, Karan Mathison, and Ramona Johnson

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.



**District 5 Virtual Walk Challenge
to Ringsaker, Norway
in celebration of
the 125th Anniversary for 2020 Convention**

REMEMBER TO KEEP TRACK OF YOUR MILES—Tell Karen Broadhead how many miles you went and we'll track our progress on this chart. The challenge runs until June 15.

Norwegian County Reorganization

Norway has consolidated it's map from 19 counties to 11 counties. A summary of the changes and a [map](https://www.lifeinnorway.net/norway-new-counties/?fbclid=IwAR1hBN4tsnsMqNqNv8HLcSvD-wzQQqOrMdEjPEI-Ky0XC_NXPkrnM6JQbig) is available at https://www.lifeinnorway.net/norway-new-counties/?fbclid=IwAR1hBN4tsnsMqNqNv8HLcSvD-wzQQqOrMdEjPEI-Ky0XC_NXPkrnM6JQbig.

More Photos from the Installation of Officers:



Presenting the new president of Wergeland Lodge! (with marching music provided by Karan Mathison)



COOKIES!!!

Bake loads of cookies (NO NUTS, please) and bring them to the February meeting. Gene Johnson will again transport the cookies to Hayward. Information from our District 5: "The Barnebirkie is scheduled to be held on Thursday, February 20, 2020 with an approximate start time of 11:30 AM behind the Hayward Elementary School. All Fifth District Sons of Norway Lodges are encouraged to provide cookies for the event. Lodges may opt to bake their donations or purchase them from a local provider. The District 5 cookie goal is 1,000 dozen cookies. Uff-da! Ja, you betcha! Dat's a lot of cookies! The only thing we ask is that you do NOT use nuts of any kind in your cookies due to allergy concerns."

SONS of NORWAY
Celebrating 125 Years
1895-2020

Fun Fact #2

At an 1895 Sons of Norway meeting, the treasurer reported that the organization had a balance of \$17 in its treasury. This didn't discourage them. There would be more members and more dollars. With faith in the future, they ordered the printing of 500 new member applications.

www.sonsofnorway.com

To the right is the Sons of Norway ad we ran in the La Crosse Tribune several times in January 2020, listing our joining incentives. Please talk to your friends and family about joining our wonderful group. Kathi Beane has applications they should fill out and return to her. It would be great to have a large turnout at the new member break-fast (date TBA).

SONS of NORWAY
Celebrating 125 Years
1895-2020

La Crosse Sons of Norway is having a New Member Drive.

Join us by March 31 and receive 20% off your first year membership

Individual
Regular: \$60.00
Sale: \$48.00
Family
Regular: \$95.00
Sale: \$75.00

For information call Kathi at 608-783-3037 or attend our next program: Feb. 6th at 6:30pm La Crosse American Legion, 6th & Market St.

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

Looking Back

Fem år siden (5 years ago) 2015

"My Story" by Finn Brobakken from Snertingdal, Norway was the program for February, 2015. His great grandfather and five of his brothers immigrated to USA around 1895. Finn has met many of his relatives, both from the USA and Canada. Every year for the last 30 years he has had many visitors at Snertingdal and he has made about 10 visits to the USA and Canada. SON members Karen Kesselring, Jan Brudos, and Joan Everson are all cousins to Finn's father.

On Friday, February 13, Norskedalen will host its annual candlelight snowshoe event. Come between 5:30 and 8:30 that evening and hike one of Norskedalen's trail systems, beautifully lit by candlelight. Cross country skiers are also welcome that evening, so if you are a skier, bring your skis.

Ti år siden (10 years ago) 2010

We have increased our membership and continue working together in a spirit of friendship. We have 492 members as of December. Of the 492 – 28 are Unge Venner members (age 16-23).

Wegeland Lodge and the scholarship committee, Marilyn Trisch, Cathy Ells and Marilyn Rudser wish to congratulate

the following five recipients: Lydia Allen, Julie Dahl, Luke Forde, Cameron Gaskin and Abby Schoenfeld. Lydia, Julie, and Abby were also International Scholarship winners. They are each receiving \$200 from the Wegeland Lodge Scholarship Fund.

Femten år siden (15 years ago) 2005

The Sons of Norway Foundation Humanitarian Fund gave financial grants to seven Sons of Norway families following the severe damage to their homes from Hurricane Charley in August. Wegeland Lodge contributed to that fund, and the International Office of Sons of Norway is grateful to all members and lodges who support the Humanitarian Fund.

Ken Melby, Co-Cultural Director, introduced Pat Boge, Community Relations Director at the LaCrosse Public Library, who presented a program, "Hearts, Valentines and More." She shared a history of Valentine's Day, heart items, and many antique Valentines.

Elaine Nelson, Neil and Helen Nelson and Florence and Gene Johnson will be representing our lodge at the Barnebirkie in Hayward, WI, the later part of February. Part of their job will be serving cookies and refreshments to the young skiers. Every year we ask the members to furnish cookies.

Flying Wind Turbines Show Promise in Norway Tests

A new flying wind turbine was tested off the coast of Norway recently, with promising results for the future of off-shore wind power generation. Floating wind turbines already exist, but they are unusable in many ocean areas because the water is too deep. The new technology, which uses a kite-like design tethered to a buoy, could dramatically expand the potential for offshore wind-power generation.

Makani, the company behind the tests, says the deep-water turbines could eventually supply electricity to hundreds of millions of people. In addition to operating in deeper water, the new technology has other advantages over traditional wind turbines: They can operate at higher altitudes, where wind currents are more reliable, and they also require less building material and are far cheaper to build and install. If they prove to be successful, the turbines could be of particular interest to Norway as it eventually seeks to replace its current exports of oil and gas with more sustainable sources of energy. *Image Credit: www.lifeinnorway.net*



Bergslien's famous 1869 Norwegian painting of "Birchlegs" ski rescue, "The Birkebeiner"

NEW! Birkebeiner Canvas 7.5 x 10" Gallery Wrap Ready to hang, wood inner frame \$60 + shipping
also...Paper prints without canvas:
9 x 13" \$20; 16 x 21" \$30 + shipping

Contact for more information: 612-339-7829 or 612-871-2236 or mjtmn@aol.com

(and, some information on the origin of "Birkebeiner" can be read at www.ancient-origins.net/history-famous-people/birkebeiners-and-heroic-mountain-rescue-helped-unify-medieval-norway-008813)

A little in English...

Eating Fish Early in Life Reduces Risk of Disease

It does not take much fish for young children to reap major health benefits. Fish at least once a week yields positive results.

Children should be introduced to fish or cod liver oil early in life, already around the age of one. These children have a significantly reduced risk of eczema, asthma and wheezing by the time they are six years old.

"We compared children who had fish at least once a week until they were two years old with children who had less fish," says associate professor Torbjørn Øien at the Department of Public Health and Nursing at NTNU [Norges teknisk-naturvitenskapelige universitet, or Norwegian University of Science and Technology].

All types of fish are favorable

The starting point was numbers from the pediatric allergy survey that began in Trondheim in the year 2000. Data from more than 4,000 families contributed to these new analyses that looked at the relationship between the mother's or the child's fish intake and the development of eczema, asthma and hay fever.

All these conditions have increased sharply in Norway since the

1950s. They are, among other things, linked to lifestyle changes. One of these changes is that we as a population eat less fish than previously.

"It seems that eating all types of fish provides a health benefit, not just fatty fish," says Melanie Rae Simpson. She is a postdoctoral fellow at the Department of Public Health and Nursing.

Norwegian Vocabulary: 3 Untranslatable Words

Some words are easily translated from Norwegian to English—hund means dog, for instance, and ti means ten—but others, like these, have no English equivalents and can only be approximated.

Kos(elig) — The warm, pleasant feeling of enjoying life's simple pleasures with people you like. Although often translated as "nice" or "cozy," these words only capture part of the spirit of kos. It may mean cuddling by a fire on a snowy day, but it can also mean running into an old friend, enjoying yourself at a party, or even spending some peaceful time alone.

Dugnad — Roughly translated as "volunteering" but encompassing so much more, a dugnad is a day when communities come together to participate voluntarily in unpaid work for a common cause. Dugnads may be organized by neighborhoods, schools, sports teams, housing complexes or other groups to accomplish tasks that are necessary for the common good, such as outdoor work at the change of seasons.

Takk for sist — Literally "thanks for the last time," this is what you say upon encountering someone you haven't seen in a while—whether that means it's been a few days or a few decades.

Litt på Norsk...

Fisk tidlig i livet reduserer faren for sykdommer

Det skal ikke så mye fisk til for at små barn skal få store helsegevinster. Fisk minst én gang i uka gir allerede gode resultater.

Barn bør introduseres for fisk eller tran tidlig i livet, allerede fra de er rundt ett år gamle. Disse barna har nemlig sterkt redusert risiko for eksem, astma og pipende pusting når de er seks år gamle.

– Vi sammenlignet barn som fikk fisk minst én gang i uka til de er to år med barn som fikk mindre fisk enn det, sier førsteamanuensis Torbjørn Øien ved Institutt for samfunnsmedisin og sykepleie ved NTNU.

Alle typer fisk er gunstige

Utgangspunktet er tall fra barneallergiundersøkelsen som startet i Trondheim i 2000. Data fra over 4000 familier bidro til disse nye analysene som så på sammenhengen mellom mors eller barnets fiskeinntak og utvikling av eksem, astma og hørsnue.

Alle disse tilstandene har økt kraftig i Norge siden 1950-årene. De er blant annet satt i sammenheng med endringer i livsstilen vår. Én av disse endringene er at vi samlet som befolkning spiser mindre fisk enn tidligere.

– Det ser ut som om det å spise alle typer fisk gir en helsefordel, ikke bare feit fisk, sier Melanie Rae Simpson. Hun er postdoktor ved Institutt for samfunnsmedisin og sykepleie.



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

FEBRUARY 2020



OFFICERS TO CONTACT BETWEEN MEETINGS

President- Ramona Johnson 608-788-7507
e-mail address: ajrjathome@msn.com

Vice President-

Membership Secretary - Kathi Beane 608-783-3037
e-mail address: beane.kath@eagle.uwlax.edu
Send notices of deaths or address changes to the Membership Secretary

Secretary- Adrian Johnson 608-788-7507
e-mail: ajrjathome@msn.com

Editor- Carla Burkhardt 608-317-3262
e-mail: carla.burkhardt8696@gmail.com

Sons of Norway Fraternal Benefit Counselor-
Helge Enok Vestnes 715-878-9646
W1741 Easterson Rd. Eleva, WI 54738
e-mail: hevestnes@gmail.com
Cell: 715-797-6414

Norskedalen Activities

Throne Visitors Center

Hours From Nov - Apr:

Monday-Friday from 8am--4pm

Saturdays 10am--3pm

Sunday from 11pm--3pm



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

E-mail Address: info@norskedalen.org