



**SONS of  
NORWAY**

# Budstikken

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



Facebook page: [Sons of Norway Wergeland Lodge](#)

July 2021

Volume 56, Issue 7

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## Wergeland Kalender

- ♦ July 1—6:00 pm,  
General Meeting,  
American Legion, 711  
6th St S, La Crosse
- ♦ July 13—5:30 Board  
Meeting at Perkins
- ♦ July 19—Deadline for  
Budstikken articles
- ♦ July 29—Budstikken  
mailed to members
- ♦ August 5—Wergeland  
Lodge Meeting, Radisson  
Center, 300 Front St S.



**The Coronavirus (and actions being taken to limit its spread) continues to endre (change) 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



July 4th we honor our country. It is a federal holiday in the U.S. commemorating the Declaration of Independence. Congress declared that the 13 American colonies were no longer subject to King George III. We were united and free. We continue to enjoy those freedoms and people worldwide come here to enjoy the same.

We will meet in July to enjoy our summer pot-luck meal. This will be our last meeting at the Legion. The past years we have enjoyed the their accommodations but due to some changes they are making, we won't be meeting there anymore. In August, we will meet at the Radisson Center. We are happy to announce that this will be our new meeting place. The Radisson has been very accommodating giving us storage space, kitchen area and the staff will assist in set up. The meeting room is large so we can grow! Directions for parking, etc., will be printed in the next month issue of Budstikken.

We had a nice time in Boise Idaho attending the wedding of our Grandson. The trip out and back were a reminder of our vast and beautiful western states.

- Ramona J.



## Are you sharing the friendly spirit of Velkommen?

Our family is growing in 2021! We welcome daughters, sons and friends of Norway to join the fun at our lodge. Please invite friends and family members to join Sons of Norway so they can experience the spirit of Velkommen firsthand.



## PROGRAM FOR JULY

**"Kayaking the Fjords of Norway" Documentaries**

**POTLUCK!! BRING A DISH TO SHARE**

**We will eat first at 6:00 with meeting and program to follow**



## Juli Birthdays

- 2 Luanne K Hjelle
- 2 Nathan Kimes Sr
- 5 Patrick Chang
- 6 David Steven Ranis
- 6 Miranda Rodriguez
- 9 Jacob A Hagen
- 11 Bruce N Friell
- 11 Sandra K Stavlo
- 12 Ann L Sprain
- 12 Leann M Theisen
- 16 Richard A Granum
- 16 Marian E Mickelson
- 17 Corrine T Abegglen
- 19 Cammy K Bauer
- 19 David Trautmann
- 21 Whitney K Herbert
- 26 Linda S Trautmann
- 28 Shelley M Jerviss
- 28 Jadelyn M Johnson
- 31 Eugene W Johnson
- 31 Charlene Lebakken

## Program for August

Mons Anderson

### Sekretær Notater...

There was not a Wergeland regular meeting in June so this report is from the Board meeting held June 8 at Perkins.

The June Wergeland Board meeting was opened by Shirley Schoenfeld at 5:40 pm. The following were present: Shirley Schoenfeld, Karen Broadhead, Kathi Beane, Carol Pestal, Carla Burkhardt, and Ilene Pavelko.

The Secretary report was read. A Thank you letter from Vesterheim was read.

The Treasurer report in detail was read. The account balances can be found in the Budstikken.

We discussed our new meeting place and removing our belongings from the Legion to Radisson Center after the July meeting. Adrian has made some arrangements to have a truck move us but needs to have help with getting in place at Radisson.

Programs are once again planned from the list we had before. Shirley discussed the programs.

Our July program will be at the Legion and will be a pot luck. August's meeting will be at the Radisson Center.

Board meeting adjourned at 7:20 PM.

—Carol Pestal, Wergeland Lodge Assistant Secretary

### Treasurer's Report:

May 31, 2021 checking balance	\$4,257.29 (which includes \$2,435.72 for Memorials and Dancers)
May 31, 2021 scholarship balance	\$1,521.50
May 31, 2021 savings balance	\$19,124.90
May 31, 2021 Wergeland has	\$24,903.69

### Nordic News ...News



**Nordic News** Nordic News introduces you to experts on Nordic and Nordic-American heritage. It was a "radio show" produced by the Fifth District, on every Tuesday at 6:20 PM (Central), 7:20 PM (Eastern). To download any of these programs, click on the link. Then click on the "Details" button on the upper right corner of the TechSmith Screencast screen page. A menu opens up on the right side of the page. Under "Media" you will see the file name and a "Download" icon (down arrow with a line underneath). This will let you download the file to your computer.

[Mike] would appreciate your comments on these programs. To make a comment about the program, click on the "Comments" button on the upper right corner of the TechSmith Screencast screen page. In the "Add a Comment" form, enter your name, email address and comment. Then click on the "Submit" button.

**From District 5 Treasurer, Mike Palecek:** "Tusen takk to the many wonderful presenters who helped make Nordic News a success. It was created to give D5 members a way to learn more about our Nordic heritage during the COVID pandemic. It has been a great way to meet up with other members from WI, IL, MI, IN, OH and TN. With lodges starting to meet again, Nordic News is coming to an end. District 5 will keep the more than 50 episodes on the D5 website, where you can view and download them for lodge programs: [https://sonsofnorway5.com/programs/nordic\\_news\\_radio.php](https://sonsofnorway5.com/programs/nordic_news_radio.php)"

**And we are grateful to Mike for running this weekly program! Mange Tusen Takkl!**

## Til minner om...

...**Ron Iverson**, who passed away on June 2nd. Ron was from Westby and served for two terms on the District 5 Sons of Norway Board. Both he and his wife Sandy have been extremely dedicated Sons of Norway members.

## God Bedring til...

...til **Dave Glomstad**, who is recovering from knee surgery.

Wergeland Lodge participated in the West Salem June Dairy Days parade on June 5. Left to right: **Ilene Pavelko, Carla Burkhardt, Kathi Beane, Carol Pestal, Carol and Joe Stekel.**



## July Program

**"Kayaking the Fjords of Norway"** - documentaries by Dave Ellingson.

Dave Ellingson is an author and adventurer from Edmonds, Washington, who has made a number of videos and documentaries about his travels. As he will not be able to be with us in person, so Shirley will present his materials.

- **"Coming Home"** is about his kayak adventure on the **Sogne and Hardanger Fjords in Norway.**
- **"Kayaking the Erie Canal and Hudson River to the Statue of Liberty" Voyage of Discovery**, an adventure down those historic and scenic waterways.
- **"Paddle Pilgrim, Paddle Boldly,"** a kayak adventure down the Erie Canal and the Hudson River to the Statue of Liberty.
- **"Paddle Pilgrim, an Adventure of Spirit and Learning Kayaking the Mississippi River,"** kayaking from the Lake Itasca "headwaters" of the Mississippi to New Orleans: What began as a boyhood adventure became a spiritual pilgrimage exploring both exterior and interior landscapes.



A couple more photos from the May 6 banquet at Drugan's: Above left to right: Vivian Sacia, Linda Sherwood, Richard Granum, Marilyn Rudser, Sally Olson, Kathy Anderson, and Judean Everson.

Below: Bev Ranis, Karen Broadhead, and one of Bev Nelson's sisters enjoy the evening.







## Dis og Dat



As was announced in the June 2021 Budstikken, **Arthur Ford** had a BIG birthday! The following was written by his niece, Stacey McIlquham:

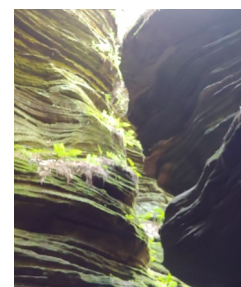
Arthur Merlin Ford celebrates his 100th birthday on Sunday, June 27, 2021. Arthur was born June 27, 1921 in rural Mabel, Minnesota to parents Alvin and Minnie. He grew up with siblings Marie, Jerome and Alvin Jr. on the family farm. Arthur graduated from Mabel High School in 1939 and continues to attend their annual alumni meeting each year. He enlisted in the United States Navy in February 1942 and served through December 1946. He served on ships that delivered supplies to the Pacific Islands. Arthur married Katherine Thingvold on November 2, 1944. After his time in the service the couple settled in La Crosse, Wisconsin and were blessed



with 68 years of marriage, two daughters, 3 granddaughters and one great grandson. He retired from the La Crosse Public Library in 1987. Arthur joined the Sons of Norway in 1991 and continues to be an active member today. He contributes his longevity to good genes and homemade meals. His mother lived to 101 and his aunt was 102. He credits his grandmothers, mother, and wife for their good cooking. Arthur feels very blessed to have reached this milestone birthday!

**Ramona and Adrian Johnson** traveled to Boise, Idaho for the wedding of their grandson, Travis Yenor. They also enjoyed visiting the Teton National Park, and drove through the Badlands of South Dakota.

**Carla and Carlie Burkhardt** spent a Sunday in Wisconsin Dells and did the Dells Boat Trip of the Upper Dells. Features of this trip include Witches Gulch and Stand Rock (where the famous photograph was taken, and where a dog still jumps across for the tourists).



## Looking Back

### Fem år siden (5 years ago) 2016

Co-cultural Director Mary Sween presented cultural pins to Ann Kathan for Genealogy levels I and II. The President encouraged everyone to look at all of the cultural areas offered by Sons of Norway for study and earn pins. He announced District 5 has a new website that is impressive and all should take a look at it.

Lee Grippen, a member of the Luren Singers, participated in the biannual Sangerfest in Sioux Falls, SD. 12 Norwegian-American choruses participated.

### Ti år siden (10 years ago) 2011

Wergeland member Elwood Harebo was honored on June 3rd during the graduation ceremonies at Logan High School in LaCrosse. He was elected to the Logan Wall of Fame in honor of his many years officiating sports and working with youth and community organizations.

Christine and Clayton Hanson spent two weeks traveling through Norway. Finn Brobakken hosted them for a few days and they celebrated Syttende Mai together.

Mary Borreson introduced Owen Christiansen. His program was entitled "Eat Like a Viking" and included many wood pieces that had been "turned" on a lathe and were representative of items used by Vikings.

### Femten år siden (15 years ago) 2006

Meet President Bing Skogen thanked the Wegeland Dancers and members who participated in the Westby Syttende Mai parade.

Two days after we observe our nation's independence, Brian Rude of Coon Valley gave us a look at the history of the founding of our American form of government and the people who were instrumental in setting up our American experiment.

## 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.

**Building your Norwegian vocabulary:**

formann	chariman
slektshistorisk	family history
forening	society
slekt	family
slekten	the family
slekter	families
slektene	the families
slektning	relative
slektsledd	generation
slektsleddet	the generation
slektskap	relationship
slektsnavn	family name, surname
slektsregister	pedigree
slekts gransking	genealogy
slektsstevne	family reunion
slektsstevner	family reunions
begravelse	n. funeral
gravlegge	v. bury, inter
jordfestning	a. burial, fix in the earth
under torva	beneath the sod (buried)
torv	n. sod, turf
å torve	v. to gather peat
torvmyr	peat bog
torvtak	sod roof, gathering peat, place where peat is gathered
torstrø	peat moss, dried and used for animal bedding and gardening

**Nordic Fest**

Nordic Fest will be held in Decorah for the 54th year July 22, 23, and 24. The theme is **Skål Nordic Fest: The Festival with Heart.**

Food options include lefse, kringla, and lingonberry saft (juice) and slushies—see <https://nordicfest.com/food/>

Events include the Grand Parade at 10:30 on Saturday and a Bunad Show at Hotel Winneshiek (2:00 pm Saturday). See more about the events and features at <https://nordicfest.com/>.

**Legit or Legend? Viking funerals proposed in Maine**

A bill was recently introduced in the Maine legislature which, if passed, would allow a nonprofit to perform Viking funerals.

Imagine the scene: a fallen warrior is placed on a sailboat and pushed out to sea. Flaming arrows cascade onto the ship as the deceased departs to Valhalla in a fiery farewell.

But did the Vikings actually practice this funeral custom? In reality, the flaming boat turns out to be a favorite trope of pop culture, rather than historical fact.

Research of their graves reveals that the Vikings interred their dead with possessions that would be helpful in the afterlife, and—if they were wealthy—in ships such as the Oseberg ship. But this was done on land. Burial mounds were typically marked with stones in the shape of a ship or an oval.

Contents of Viking graves also show that remains were cremated elsewhere, as there is no charcoal or burnt wood present in the burial mounds.



## Canal of the Mountain King

The fulfillment of a dream more than a hundred years old, Norway has approved plans for the world's first shipping tunnel to be drilled through the mountains of the Stad Peninsula on the western coast. This rocky finger of land juts out into dangerous seas, where the Norwegian and North seas meet, resulting in very treacherous weather and wave conditions. Ships often have to wait days for the stormy seas to settle before they can embark on their slow trip around the cape.

The mile long tunnel, which will be constructed at the peninsula's thinnest point, where it connects to the mainland, will be large enough to allow a ship the size of a Hurtigruten Coast Steamer or the average cargo ship to slip through safely. Walkways will be built on either side of the canal to facilitate maintenance and emergency evacuations.

The \$330 million project will kick off in 2022 and is expected to take three to four years to complete.



## Trollkrem - Troll Cream

Inspired by a classic Scandinavian recipe, this unusual-sounding dessert is actually very simple to make, and much more delicious than it sounds! Using tart lingonberries, Karen's creamy dessert is worth a try.

### Ingredients

3 egg whites  
6 Tbsp. of lingonberry jam, **or** an 8 oz / 225 g jar of preserved lingonberries in syrup, drained  
\*50 grams / 1/4 cup granulated sugar (\*use only if using unsweetened lingonberries)

### Directions

Whisk the egg whites in a mixer with half of the lingonberries (that have been drained) or half of the jam. Whisk until the egg whites are light and fluffy.

Add the sugar, if using, and whisk until the egg white mixture holds soft peaks.

Swirl the remaining lingonberries or preserve through the dessert and serve in small bowls or spoon into a large serving bowl. Eat within 24 hours, as the egg whites start to collapse if no sugar is used.

By [Karen Burns-Booth](#) of [greatbritishchefs.com](#)



Image Credit: Karen Burns-Booth

**Lingonberries** are small, tart red berries popular in Scandinavia for use in jams and syrups. They can be found in Canada, Alaska, Maine, and the Pacific northwest as well. Their closest culinary match are cranberries.

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## A little in English...

**Hei! Hurra! Au! Voff! (Hva er intereksjoner, og hvordan bruker vi dem?)**

Alle ordene i språket kan deles inn i ti ordklasser. Handlinger er verb. Navn på ting og personer er substantiver. Smaker, lukter og farger er adjektiver.

Men en ting vi ikke snakker så mye om, er **intereksjoner**.

**Uffda!** Det burde vi kanskje gjøre.

**Hva er intereksjoner?**

En intereksjon kan være et ord som gir uttrykk for en følelse eller en fysisk reaksjon. Det er også ord som skal forestille lyder. Og det er ord som brukes for å svare eller hilse på noen. Vi kan derfor dele denne ordklassen i fire grupper.

**Lydhermingsord**, som er en beskrivelse av hvordan en lyd høres ut, ofte dyrelyder og naturlyder.

- Voff, voff, sa hunden.

- Pling, plong lød det fra pianoet.

Andre lydhermingsord: *mø, mjau, pang, poff, klask ...*

**Utropsord**, som gir uttrykk for en følelse eller fysisk reaksjon.

- Jippi, nå er det helg!

- Au, det gjorde vondt!

Andre utropsord: *uff, æsj, hehe, hurra, grr ...*

**Svarord**, som er en positiv eller negativ reaksjon på et spørsmål.

- Ja, jeg er helt enig.

- Tja, du har kanskje rett.

Andre svarord: *nei, jo, mja, nja, jo visst, neida, niks ...*

**Hilseord**, som vi bruker for å hilse på eller ta avskjed med personer.

- Hei!

- Adjø, og ha en god reise!

Andre hilseord: *hallo, heisann, ha det, farvel, på gjensyn ...*

Intereksjoner dukker ikke så ofte opp i vanlig sakprosa, men les en fortelling, et eventyr eller en roman, så vil du finne mange av dem.

**Intereksjoner brukes også når folk prater med hverandre. Se bare på denne dialogen:**

Elisabeth: Hei, William!

William: Hallo, Elisabeth! Fint vær i dag, ikke sant?

Elisabeth: Pøh, det er jo iskaldt. Brr, jeg fryser!

William: Ja, men i morgen er det meldt 15 grader.

Elisabeth: Hurra, da kan jeg endelig sitte på verandaen.

William: Haha, det er jo så mye vind på verandaen din.

Elisabeth: Æsj, det er sant. Men nå må jeg videre. Ha det!

William: Farvel!

## Litt på Norsk...

**Hi! Hooray! Ow! Wow! (What are interjections, and how do we use them?)**

All of the words in our language can be divided into ten word classes. Actions are verbs. Names of things and persons are nouns. Tastes, smells and colors are adjectives.

But one thing we do not talk much about is **interjections**.

**Oh, dear!** Maybe we should do that.

**What are interjections?**

An interjection can be a word that expresses an emotion or a physical reaction. There are also words to represent sounds. And there are words used to answer or greet someone. We can therefore divide this word class into four groups.

**Onomatopoeia**, which is a description of how something sounds, often animal sounds and nature sounds.

"Bow wow," says the dog.

"Plink, plank," went the piano.

Other onomatopoeia: moo, meow, bang, poof, smack...

**Exclamations**, which express a feeling or physical reaction.

"Yippee, it's the weekend!"

"Ow, that hurt!"

Other exclamations: oof, yuck, hee hee, hooray, grr...

**Answer words**, which are positive or negative reactions to a question.

"Yes, I totally agree."

"Well, you may be right."

Other answer words: no, uh-huh, nah, well, for sure, uh-uh, nope

**Greetings**, which we use to greet or say goodbye to people.

"Hi!"

"Goodbye, and have a good trip!"

Other greetings: hello, hey, bye-bye, farewell, see you later... Interjections do not often appear in regular non-fiction, but read a story, a fairy tale or a novel, and you will find many of them.

**Interjections are also used when people talk to each other. Just look at this dialogue:**

Elisabeth: Hey, William!

William: Hello, Elisabeth! Nice weather today, isn't it?

Elisabeth: Oof, it's really cold. Brr, I'm freezing!

William: Yes, but tomorrow it's going to be 59 degrees.

Elisabeth: Hooray, then I can finally sit on the porch.

William: Haha, it's so windy on your porch.

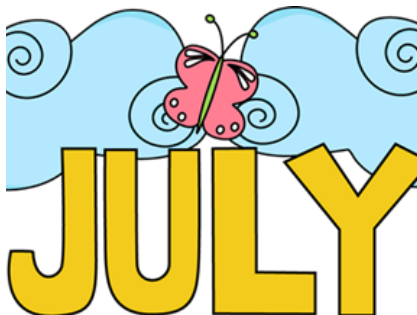
Elisabeth: Oh, that's true. But, now I have to move on.

Bye!

William: Goodbye!

Sons of Norway  
Wergeland Lodge #5/028  
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JULY 2021



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#### Norskedalen Activities

Throne Visitors Center

Hours From May - Sept:  
Monday-Saturday from 9am--5pm  
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](http://www.norskedalen.org)

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