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## Fra Presidenten



Here we are, looking forward to Valentines Day, February 14. In one more month, we celebrate the start of spring. Life is good!

So why do we celebrate St. Valentines Day? Because, it originated as a Christian feast day honoring one or two Christian martyrs named St. Valentine. Then, through later folk traditions, it has become a cultural, religious and commercial celebration of love and romance in many parts of the world. It is celebrated in Canada, Mexico, U.K., France, Australia and Norway. In Norway it is called All Hearts Day (Alle Hjerters Dag). In my research, I read that many Norwegians don't really enjoy celebrating this day~~they don't "Love spending money on Valentines Day" anymore!

We meet Feb. 2 for our monthly lodge meeting. Come to hear about all the great books and literature that we have in our library. We will play some games, cards and the Norway travel game and others. It will be a fun night!

See you all in February!

Ramona J. 608-788-7507

### Treasurer's Report:

Dec 31, 2022 checking balance	\$2133.18
(which includes \$159.91 for Dancers)	
Dec 31, 2022 scholarship balance	\$1503.50
Dec 31, 2022 savings balance	\$14,678.50
Dec 31, 2022 Wergeland has	\$18,315.32

PLEASE NOTE: This month, the Wergeland Board Meeting will be held on Tuesday, Feb 7 instead of the usual "2nd Tuesday." EVERYONE is welcome to these meetings—join us at 5:30 at the Onalaska Perkins.

### Wergeland Kalender

- ◆ Feb 2—6:00  
Wergeland Lodge Meeting, Radisson Center, located on the corner of second and Jay streets in La Crosse
- ◆ Feb 7—5:30 Board Meeting at Perkins
- ◆ Feb 13—Deadline for Budstikken articles
- ◆ Feb 23—Budstikken mailed to members
- ◆ Mar 2—6:00  
Wergeland Lodge Meeting, Radisson Center



## PROGRAM FOR FEBRUARY

**Pam Knudtson: Our Wergeland Library (plus some games)**

### Lunch providers for September 1 meeting

Sandwiches (2½ dozen): Mark Dregne, Carla Burkhardt, Diana Hobson  
Cakes or bars (18 pcs): Dee Johnson, Kathi Beane  
Pickles (1 jar ea): Carol Pestel, Lee Grippen (sweet), Doris Henderson (dill) Cheese  
Tray: Tom Monson

**Members are asked to donate \$3-5 per person at the lunch table for lodge expenses**

**COOKIES NEEDED for Barnebirkie—bring to February meeting. See details on page 4.**



## Februar Birthdays

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

## Scholarships

March 1 is the deadline for certain Sons of Norway Foundation Scholarships (see deadline list at <https://www.sofn.com/foundation/scholarships>)

## Program for March

A Trip on the Hurtigruten

## Sekretær Notater...

Wergeland Lodge Meeting, January 5, 2023

The January Wergeland Lodge Meeting was opened by Ramona Johnson at 6:40 pm at the Radisson Center in La Crosse.

The 2023 Wergeland Officers and Directors were installed with Dave Glomstad presiding.

Members and guests were welcomed. The Charter was draped for Ron Helstad and a moment of silence was observed.

Treasurer's report was read and approved.

Secretary's report was read with one correction: songs can not be changed to a lower key. Approved with correction.

Raffle: \$37.00 to each of the winners: Florence Overgard and Mark Quade.

February - Barnebirkie Cookies? More information next month.

February program will be information about our Lodge Library by Pam Knudtson.

Song - Led by Carla Burkhardt - #52 "Old Norway" (English) #51 (Norwegian)

Note - Two 2023 calendars left - \$10.00

Dave Glomstad - remarks for the good of the order. May peace and harmony reign in our lodge.

Lori Dubczak, Norskedalen Director, gave the program and shared updates and good wishes from Norskedalen.

Meeting adjourned at 7:20. 46 members present.

-Secretary, Kathy Anderson



District 5

Give a lasting gift to your children or grandchildren!



## Masse Moro Norwegian Heritage Camp

July 16 -29, 2023

Children ages 9 to 15

Fall Creek, Wisconsin

For more information: [www.sonsofnorway5.com](http://www.sonsofnorway5.com) or [massemoro.org](http://massemoro.org)

District 5 Nordic Legacy Foundation





## Til minner om...

...**Ron Helsted**, who passed away on December 31, 2022. He was 91 years old, and his passing was peaceful at home. Services were held on January 6 at Grace Lutheran in La Crosse. Our condolences to his wife Audrey and his family and friends.



Executive Officers (left): Carol Pestel (Assistant Secretary), Adrian Johnson (Treasurer), Ramona Johnson (President), Kathy Anderson (Secretary), Kathi Beane (Membership Secretary/Assistant Treasurer)



Foundation Directors (above right): Linda Sherwood (Social Director Chair), Lee Grippen (Cultural Programs), Carla Burkhardt (Sports Director), Karen Seagrove (Foundation), Mark Quade (Cultural Programs), Dave Glomstad (Cultural Programs)

## Program for February: Our Wergeland Library

Pam Knudtson will introduce you to the wide variety of great books we have in our library by leading you in a fun activity that will give you a chance to look at and spend a bit of time with them. We hope that everyone will leave our meeting excited to take a book home with them! We also plan to play some games, including the Om Meg game developed by a fellow District 5 member.



## From the January Program:

The 2023 Wergeland Officers and Directors were installed at the lodge meeting on January 5.

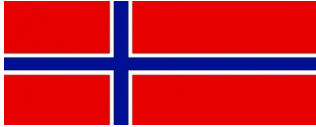


President Ramona Johnson was introduced to the lodge members by installation marshals Pam Knudtson and Kathy Anderson.

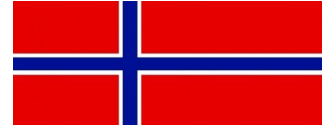
Then, Lori Dubczak from Norskedalen shared news and updates from Norskedalen in rural Coon Valley. She thanked a number of our Wergeland members for their dedicated volunteerism at the beautiful "Norwegian Valley."



Support Directors Kathi Beane (Greeter and Raffle sales), Ron Nowland (Greeter), Carla Burkhardt (Newsletter Editor), Karan Mathison (Musician), Dick Marking (Marshal), Arlen Henderson (Marshal), Gary Knudtson (Marshal), Mark Dregne (Marshal)



## Dis og Dat



**Dick Marking** traveled to Branson, MO, for a Christmas celebration with his three daughters, grandchildren, and great-grandchildren. Everyone stayed in a 10-bedroom house; each bedroom had its own bathroom. After enjoying the little ones opening their gifts, some ventured out to an automobile museum. Everyone enjoyed safe travels to and from all holiday activities

The **Wergeland Dancers** invite you to join their group! A session was held January 28 at United Church of Christ, 402 West Ave., La Crosse (10:00—11:00 am) and another session will be scheduled in February. To get details, contact **Sandra Kawatski**, (608) 526-9577.

Please spread the word and give any potential names to Sandra.

## Looking Back

### Fem år siden (5 years ago) 2018

Ron Nowland will tell us about elaborate chess sets that were found in 1833 buried underground off the coast of Scotland. Pictures and commentary about the history of chess will show that these chessmen were undoubtedly made in Norway.

Golden Member Agnes Heinzl (94) died on January 18, 2018. Our sympathy to her family and friends. She has been a member for 37 years.

### Ti år siden (10 years ago) 2013

Donna Olson has donated four books by Lauraine Snelling to the Wergeland library. These are part of a series of fiction that Snelling has written detailing the struggles and triumphs of Norwegian immigrant families as they came to America in the late 1800's.

17 students received \$200 Wergeland Lodge scholarships

### CALLING ALL COOKIES

Feb. 23 is the start of the annual Birkebeiner race in Hayward, WI. Many hundred people gather to test their endurance and skills as they cross country ski to the finish line. This takes lots of nutrition in the form of COOKIES!



This race originated in Norway, and if you would like to read the short version of the story, it goes back to the year 1204. Look up your Jan/Feb Viking Magazine, page 29 and read the story.

Back to the COOKIES. Our lodge has helped provide cookies for the Barnebirkie (children's race) over the years, and we can do it this year. **Bake or buy cookies that don't contain nuts, and bring them to the February meeting.** Or, you can drop them off at Ramona's house, 4650 Juniper St. in La Crosse before Feb. 20. LaVonne Wehr, our representative from Zone 2 will take them to Hayward. Thanking all COOKIE BAKERS!

at the January meeting. The recipients were very thankful for the help to meet their educational goals.

The program for our Wergeland Lodge meeting on February 7 was presented by Eugene Johnson telling of the King's Royal Guard, an elite precision marching group performing every day in front of the Palace. He was assisted by grandson Ethan McGuire.

### Femten år siden (15 years ago) 2008

Anne Congratulations to Christine Hanson for earning the 3 bars for her Hardanger embroidery, rosemaling and music reports. She has been enthusiastic in attaining these awards. Wergeland Lodge does indeed have some very talented members!

The 22nd Annual Barnebirkie will be held February 21, 2008 from 8:30 AM – 3:00 PM in Hayward, WI. The race starts with a "bang" at 12:30 p. m. on the Main Street. Everyone is welcome.

## 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.



**Barneløpet Children's Ski/Walk Event at Decorah Prairie**

DECORAH, Iowa: Get outside and enjoy the winter at the 24th annual Barneløpet, a non-competitive ski or walk event for the community's youngest skiers, ages 3-13. This collaborative Vesterheim Museum and Sons of Norway event will be held at the Decorah Community Prairie on



Saturday, February 4, at 10:00 a.m., with registration beginning at 9:40 a.m. Skiers must provide their own skis.

Barneløpet is open to children of all skill levels and is a great event for the entire family. "When you complete the course, you'll be awarded a medal and served hot chocolate and homemade cookies as you warm yourself by the fire," Darlene Fossum-Martin, event organizer, said.

Barneløpet is free thanks to support from Jon and Mary Hart of Decorah in memory of Kjell Arne Berntsen, and three Sons of Norway Lodges—Valdres #503 in Decorah, Iowa, Heimbygda #376 in Lanesboro, Minnesota, and Valheim #364 in Spring Grove, Minnesota.

No snow or skis? "Then join in the fun with a walk through the tall prairie grasses," Fossum-Martin encouraged.

Check vesterheim.org or Vesterheim social media for possible cancelations.

Barneløpet, (pronounced BAR-nuh-lop-it) is Norwegian for "kids race" and Sons of Norway lodges all over the country sponsor Barneløpet events. It is modeled after the Barnebirke, a children's cross-county ski race held each year as a part of the world-famous American Birkebeiner in Hayward, Wisconsin.

Barneløpet, here in Decorah, is held annually to encourage kids and families to enjoy our winter snow season.



The Decorah Community Prairie is accessed by car at the south end of Ohio Street, near Aase Haugen Homes. The trail will be in a loop, with the start and finish at the site of the butterfly garden.

For more information about Barneløpet contact Vesterheim at vesterheim.org or (563) 382-9681.

**Two Opportunities to Get Your Lutefisk Fix**

Elk Creek Lutheran Church of Hale's

**Lutefisk Dinner**

Saturday, February 18th  
2023



4 Settings this year  
All Sit down  
12:30, 2:00  
3:30 & 5:00

Menu includes:

Lutefisk and Meatballs, Mashed Potatoes and Gravy,  
Rutabagas, Cole Slaw, Cranberry Chutney,  
Lefse and Rolls, Desserts & Beverages



Lutefisk and Meatballs \$20  
Meatballs only \$15

Reserved tickets only available by calling  
Becky Rongstad at 715/694-2181



**In Memory of  
Pastor Gary Daines  
our Founding Lutefisk Father**

**Come Join us for an  
Old Fashioned Lutefisk Dinner  
at Our Savior's Lutheran Church  
Westby, WI**

**February 4th, 2023**

**11-4 or until gone**

**Adults \$20**

**Ages 7-12 \$8 under 6 free**

**Menu:**

**Lutefisk - Lefse - Meatballs  
Mashed Potatoes & Gravy  
Rutabagas - Carrots  
Coffee - Milk & Pastries**



**Family Style dining or carryout!**

## Embracing Dialects

The blog at <https://www.sofn.com/blog/embracing-dialects/> has an extensive discussion, examples, and resources about the variety of dialects found throughout Norway. Below are some excerpts from the article:

There are two official written versions of the Norwegian language—bokmål and nynorsk—but spoken Norwegian is another situation entirely. As far as regional dialects, there are four main groupings of spoken Norwegian: Northern (nordnorsk), Central (trøndersk), Western (vestlandsk) and Eastern (østnorsk).

But did you know that there is no standardized way of speaking in Norwegian? Each area has its own *talemål* or dialect that differs from the written standards and no speech variant is considered better than the other.

### How did dialects come to be?

According to [snl.no](http://snl.no), the Norwegian encyclopedia, geographical barriers and difficult travel conditions meant that historically there was limited contact between people from different regions, so pronunciation and vocabulary evolved in relative isolation. Mountain and valley dwellers tended to be more secluded, and their dialects remained intact, while those residing on flatter open land where travel was easier had more outside contact and therefore increased language influence.

### Taking the first step

A good start is to practice *reading* both forms of written Norwegian. Most North Americans tend to learn bokmål, spoken in eastern and southern Norway. If that is the case for you, try out some nynorsk lessons on <https://www.skoleweb.net/fagsider-norsk-skriving-nynorsk-nyttige-ressurser>. Or put some words into the bokmål-nynorsk / nynorsk-bokmål translator for comparison: <https://wordify.no/tekstoversetter/bokmal-og-nynorsk>.

Learning the basics from various regions will also help you get a leg up on listening. As mentioned above, bokmål and nynorsk are written forms, but learning them will still give you a head start on spoken norsk. For the sake of brevity, here is a comparison of nordnorsk to the two written forms:

#### bokmål (written)

bva  
hvem  
hvor

#### nynorsk (written)

kva  
kven  
kvar / kor

#### nordnorsk (spoken)

kva/ka  
kemm/kæmm  
kor

hvordan  
hvorfor  
hvilken

korleis  
kvi for el. kor for  
kva, kva for ein, kva slag(s),  
kven av

kordan/kossen  
kvi for/kaffar/korsen  
karsen

#### bokmål (written)

jeg  
du  
han  
hun  
det

#### nynorsk (written)

eg  
du  
han  
ho  
det

#### nordnorsk (spoken)

e/eg/æ/æg/je/ej  
du  
han  
ho  
dæ

#### bokmål (written)

vi  
dere  
de

#### nynorsk (written)

vi/me  
de/dokker/dykk/dekk  
dei

#### nordnorsk (spoken)

ikke/ikkje  
dækker/dåkk  
dei

### Use your eyes to listen

If you are watching a Norwegian tv program or speaking Norwegian in person, use your ears, but also focus on the speaker's mouth and face for the best possible comprehension. There are no subtitles in life, so tuning into facial movements is the next best thing. After that, just try to relax your ears and catch as much as you can.

### Ear training

...Song lyrics are also a great way to learn words and fine-tune your listening skills. Here are some playlists of songs with lyrics closest to written standards and nordnorsk *talemål*.

Songs in Bokmål:

<https://open.spotify.com/playlist/57OmlYdICNmecjelc8xCyM>

Find a playlist of nynorsk songs here:

<https://open.spotify.com/playlist/4k31IjV3vfDgA0siXGexPP>

Nordnorsk songs:

<https://open.spotify.com/playlist/6UYvka4DwQJVHumlPqAcWp>

<https://open.spotify.com/playlist/05zeHyWCkxPh046bu1ilzH>

<https://open.spotify.com/playlist/1DWBwRoNcPye3UEHWDvVvQX>



## A little in English...

### Sauna as healthy as exercise

Unmotivated to exercise? Now Finnish researchers have a hot tip for us in the New Year: Half an hour in a steamy sauna is as good for the heart as a workout, they believe.

In recent years, researchers at the University of Eastern Finland have been looking for the health benefits of sitting in a sauna.

And they have found many. In the past, researchers have concluded that regular trips to the sauna both result in a lower risk of cardiovascular disease, sudden cardiac arrest, Alzheimer's and dementia.

Now the same research group from Finland has carried out an experiment. They sent 102 volunteer participants into a 73°C, or 163° F hot sauna. They had an average age of 52 and all had at least one risk factor for cardiovascular disease.

### Like a moderate workout

In the new study, the researchers find out more about what actually happens to the body when we have sweated in a sauna for half an hour.

They tested the participants before entering the steamy hangout. They then measured their body temperature, heart rate and blood pressure immediately after they got back out.

The result showed that the body temperature of the sauna bathers increased by two degrees after half an hour in the heat. Their blood pressure was reduced and their blood vessels became more elastic.

Their heart rate rose to what is normally achieved with moderate exercise.

### Healthier to go two to three times a week

In the 1980s, 2,315 Finnish men were asked about their sauna habits. Then they looked at who was living 21 years later.

It turned out that there was a higher mortality among those who took a sauna once a week than among those who warmed up two or three times a week.

Those who visited four to seven times a week had an even lower risk of dying.

And this didn't just apply to those who died of cardiac arrest or heart attack. This also applied to those who died of other causes.

The researchers suggested in 2015 that the finding could indicate that the temperature causes an increased heart rate and thus improvements in blood pressure.

## Litt på Norsk...

### Badstue er like sunt som trening

Umotivert for å trene? Nå kommer finske forskere med et hett tips til oss på nyåret: En halvtime i en dampende badstue er like bra for hjertet som en treningsøkt, mener de.

De siste årene har forskere ved Universitetet i Øst-Finland jaktet på helsefordeler ved å gå i sauna.

Og de har funnet mange. Tidligere har forskere kommet fram til at regelmessige turer i badstua både gir lavere risiko for hjerte- og karsykdommer, plutselig hjertestans, Alzheimer og demens.

Nå har den samme forskergruppen fra Finland gjort et eksperiment. De har sendt 102 frivillige deltakere inn i en 73 graders varm badstue. De hadde en gjennomsnittsalder på 52 år og alle hadde minst én risikofaktor for hjerte- og karsykdom.

### Som en moderat treningsøkt

I den nye studien finner forskerne mer ut om hva som egentlig skjer med kroppen når vi har svettet i en badstue i en halvtimes tid.

De testet deltakerne før de gikk inn i det dampende fellesskapet. Deretter målte de kroppstemperatur, hjerterytmeg og blodtrykk rett etter at de kom ut igjen.

Resultatet viste at kroppstemperaturen til badstuebaderne økte med to grader etter en halvtime inne i varmen. Blodtrykket deres ble redusert og blodårene deres ble mer elastisk.

Hjertefrekvensen deres steg tilsvarende det man vanligvis oppnår ved moderat trening.

### Bedre helse av å gå to–tre ganger i uka

På 1980-tallet ble 2315 finske menn spurt om badstuevanene deres. Deretter så de hvem som levde 21 år senere.

Det viste seg at det var høyere dødelighet blant dem som tok badstue én gang i uka enn blant dem som varmet seg to-tre ganger per uke.

De som var i innom fire til sju ganger i uka, hadde enda lavere risiko for å dø.

Og det gjaldt ikke bare dem som døde av hjertestans eller hjerteinfarkt. Det gjaldt også dem som døde av andre årsaker.

Forskerne antydte i 2015 at funnet kunne tyde på at temperaturen gir høyere hjerterefrekvens og dermed bedringer i blodtrykket.

Redaktøren av tidsskriftet *JAMA Internal Medicine*, som publiserte artikkelen i 2015, antydte også at badstue kan være bra fordi du slapper så godt av der inne i varmen, og at du ofte er i et godt lag.

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

FEBRUARY 2023



#### OFFICERS TO CONTACT BETWEEN MEETINGS

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W1741 Easterson Rd. Eleva, WI 54738  
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#### 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 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)