



Inside this issue:

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

Wergeland Kalender

- ◆ Mar 2—6:00
Wergeland Lodge Meeting, Radisson Center, located on the corner of second and Jay streets in La Crosse
- ◆ Mar 14—5:30 Board Meeting at Perkins
- ◆ Mar 20—Deadline for Budstikken articles
- ◆ Mar 30—Budstikken mailed to members
- ◆ Apr 6—6:00
Wergeland Lodge Meeting, Radisson Center

Fra Presidenten



March--It is starting to feel like spring as March brings the vernal equinox and the return of Daylight Savings Time. The flower for March is the daffodil.

If your birthday is March 1-20, you are smart, creative and intuitive. If you are an Aries, March 21 - April 19, you are passionate and independent. Do these dates fit you?

Please read my post in the Budstikken about some bus trips that are being planned for 2023. We have to plan early for these outings, so I hope you all give this your consideration.

Also, we have some fun and interesting lodge meetings coming up. Plan to attend, and invite a friend. This friend might be interested in becoming a member.

—Ramona J.

Bus Trips to Minneapolis and Decorah

Our lodge is planning two trips this year. Several people have expressed interest in the Norway House in Minneapolis and Vesterheim Museum in Decorah. When we are in Minneapolis, we can also tour the Swedish Museum. While in Decorah, we can attend a concert at Luther College, Christmas at Luther dress rehearsal. The date for Minneapolis is Wednesday, October 18. The Decorah trip will be Wednesday November 29.

The cost for this will be determined as we get bus prices. The Luther College concert is no charge, this being their dress rehearsal. The Stoughton Lodge enjoyed this trip last year. I will talk about this at the March Lodge meeting. You can also call me to let me know if you are interested. Phone # 608-788-7507 or 608-386-6125

—Ramona J.



PROGRAM FOR MARCH

A Trip on the Hurtigruten

Lunch providers for March 2 meeting

Sandwiches (2½ dozen): Carol Stekel, Phyllis Galstad, Laura Ira
Cakes or bars (18 pcs): Dee Johnson, Lynn Curtis, Pam Glasshoff, Carla Burkhardt
Fruit Tray: Carolyn Sorenson Vegie Tray: Karan & Tryg Mathison

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



Mars Birthdays

- 1 Robert L Mickelson
- 1 Marilyn L Silbaugh
- 3 Lori Anne Dubczak
- 4 Jean A Davis
- 4 Nancy N Solberg
- 6 David D Christianson
- 7 Cathy Jo Ells
- 8 Pamela J Knudtson
- 10 Terry L Loper
- 10 Debra A Roe
- 11 Kathryn R Beane
- 15 Janet H Melby
- 16 Marlene McCabe
- 16 Elsie K Olson
- 20 Karen DeSchepper
- 22 Lee E Grippen
- 24 Mary E Cary
- 25 Charles E Hanson
- 26 Robert Carlson
- 26 Annika Tanke
- 27 Hannah Tanke
- 28 Mark Joel Quade
- 28 Karen Saegrove
- 29 Jayden Schmitt
- 31 Gloria Rainer

Program for April

Trolls: Mythology to Modern Times

Sekretær Notater...

Wergeland Lodge Meeting, February 2, 2023

The February Wergeland Lodge Meeting was opened by Ramona Johnson at 6:45 pm at the Radisson Center in La Crosse. Pledge was spoken and songs were sung.

Guests were introduced.

Secretary's report was printed in the Budstikken and approved as printed.

Treasurer's report was read and approved as read.

Raffle - \$42.00 - Winners - Knute Temte and Phyllis Galstad

Tubfrim - stamps - Collect and give to Marilyn; Carla's daughter, who lives in Sun Prairie, will get them to Mary Bennett.

Christmas cards to vets - over 1000 cards were sent to different veterans' retirement homes - Milwaukee, Green Bay, Appleton, and Chippewa Falls. Thank you to all who donated and helped send good wishes. We will just do 1/2 the card this year (write on back of picture, no envelope), get the cards to Marilyn.

Card received from Bernice Herter, 99 years young! She served as Wergeland President for several years and was the President of the International Sons of Norway in 1988. During her tenure, Wergeland received Lodge of the Year. What a wonderful accomplishment!

Board meeting will be Feb. 7th @ 5:30 at Perkins. All are welcome.

Songs - #40 "Hils Fra Meg der Hjemme" and #42 "A Sailors Greeting"

March 2 program - Coast of Norway

Meeting adjourned at 7:20

47 members present

Program - Pam Knudtson - Library: an activity with our collection of books

-Secretary, Kathy Anderson

Treasurer's Report:

Jan 31, 2023 checking balance	\$2192.36
(which includes \$159.91 for Dancers)	
Jan 31, 2023 scholarship balance	\$1540.50
Jan 31, 2023 savings balance	\$14,678.64
Jan 31, 2023 Wergeland has	\$18,411.50

Kondolerer til...

...til **Cheryl Wille-Schlessner**, District 5 President on the death of her husband, Roger. He passed away Thursday, Feb 16 after a brief illness. Our sympathy to Cheryl and her family at this sad time.

Tusen Takk...

...til **Diana Hobson** for bringing delicious DNA wine to sample and to **Gene Johnson** for bringing the Rømmegrøt to our February meeting!

Welcome New Members!

We love to add members to our roster! Please keep inviting friends and family to come to a meeting to see what we're about!

As new members join Wergeland Lodge, they are invited to complete an information form. We received three such forms this month from David, Nancy, and Pam:

David J. Hendrickson is a retired emergency medicine physician. He and his wife, Cindy, have three daughters—Rebecca, Stephanie, Jessica—and one granddaughter, Ellie. He adds that he is 60% Norwegian and 10% Danish/Swedish. We won't hold that against him—welcome, David!

Nancy Solberg and her husband John have two daughters: Stephanie, a teacher at Onalaska Middle School who, with husband Brian have two children, Liam and Isla; and Alyssa Ritter who works with the Decorah Chamber of Commerce. Nancy was a Nordstrom and has Norwegian and Swedish heritage. John is 100% Norwegian. Nancy retired from Mayo after 40 years as a Registered Nurse in the pediatric department. She enjoys reading, sewing, wine-making and bee-keeping. She also is a guide for the La Crosse Area Historical Society and works part-time at Curves in Onalaska.

Pam Glasshoff, from West Salem, retired from the UW-La Crosse Office of International Education. In that role, she enjoyed working with international students as well as UWL students as they planned their study abroad. Pam has four children and seven grandchildren with whom she enjoys spending time. She has joined the Y and enjoys yoga, walking, swimming, and traveling. Her late husband Jim's maternal grandfather, Jens Sundahl, came over from Sundal, Norway, at the age of 17 and settled in Palo Alto County in Iowa. She hopes to travel to Norway someday.



Each table was given a box of Library books to peruse.

Program for March: A Trip on the Hurtigruten

Betsy Morgan, UW-La Crosse Provost and Vice Chancellor for Academic Affairs, will be sharing photos and stories from her August 2022 Hurtigruten Cruise from Bergen to Kirkenes and back. With a group of family and friends ranging from ages 30-75 and COVID and a boat that ran aground ... she refers to the trip as "Scenic but Eventful."

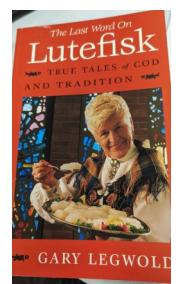


From the February Program: Our Wergeland Library

Pam Knudtson led an activity that introduced us to the variety of books in our Wergeland Library. If you haven't noticed, the "Library" (a rolling bookcase) is available monthly. You may check out books in the "old fashioned way" of filling out the card and giving it to Pam. During our activity, we paged through books and wrote simple questions (such as "what mythological creature is the first chapter about?"). The intention was to



pass the books around so that others, could "answer" the questions, but the books were so engaging that no one was willing to give up their stack! To the left, Carol Pestel holds a book on Birds, and who wouldn't want to read this authority on Lutefisk? A number of books were even checked out by the end of the evening, which was the goal! Thank you, Pam, for enlightening us about this handy resource.



Bernice Herter had asked Ramona if the President's Book had been updated lately. Adrian brought the Book, a wonderful recording of Wergeland's presidents, and will have it on display again. Dave Glomstad and Ramona Johnson need to be added to the pages.

Also, **Marlene McCabe**, our Historian who faithfully provides the "Looking Back" pieces each month, keeps a scrapbook. She does a great job of displaying our activities; this scrapbook made it to a few tables and will be available again in March.



Dis og Dat



From **Ron Nowland**: How superstitious were Norwegians? It varied. Frieda Nowland's family had a brother who drowned in a mountain river. He could have been saved but the people who heard his calls believed it was the dreaded water troll. They put their mattress against the door and ignored the cries for help. The brother of that drowned man came to America and lived among the family and often told the story. We met his family in Norway. They had never heard about the potential rescuers who ignored the cries. We think they wanted to divorce themselves from superstition.

Eric Dregni from Westby, who wrote "In Cod We Trust," will do a talk on that book at Pearl Street Books, 323 Pearl Street, La Crosse, on Saturday, April 29th at 6:30 pm.

Looking Back

Fem år siden (5 years ago) 2018

Frieda Nowland introduced Montaya Harter, SON Youth Director, who introduced Jonah Schaller, Elijah Schaller, Jedediah Schaller, Micah Schaller and Asa Harter. They presented an excellent program in which they demonstrated activities Norwegian children do and recited fun facts about those activities.

Congratulations to Lee Grippen, recipient of the Order of St. Olav medal! The medal is awarded in recognition of "outstanding services rendered in connection with the spreading of information about Norway abroad and for strengthening the bonds between expatriate Norwegians and their home country."

Ti år siden (10 years ago) 2013

Moriah Harter, youth director led the youth in a Billy Goat Action skit. It is an old Norwegian story of billy goats and the troll.

Announcements

We have **new brochures!** Take some and give out to friends and neighbors. Membership applications are also available—if someone is applying, have them send/give the form to Kathi Beane instead of sending to Minneapolis; she will record their information and then forward it to Sons of Norway headquarters. Adrian will have the brochures and forms at the lodge meetings.

For **cards for Veterans** (Christmas 2023), save the picture part of Christmas cards and write on the blank back. Marilyn will send them in a big envelope, so they don't need individual envelopes. This should save postage next year!

Wergeland members will **usher** at the Heider Center (West Salem) performance by "Ball In The House," an *cappella* group from Boston. **Kathi Beane** has recruited the five ushers needed, but could use a few to be "backups" if needed. If you would like to be "on call," contact Kathi at (608) 615-0217. The show is March 10 and starts at 7:30 pm.

Norskedalen Award Luncheon on April 6th at the Radisson Center. Chloris Lowe, Jr. will be speaking about native American cultures in our area over the past 13,000 years.

Alice (Jostad) McHugh began her Norwegian-American heritage art form of rosemaling in 1977 under the instruction of the late Wergeland member Helen Nelson. Alice has her exhibition at the Blue Cup Coffee House in Holmen through March 18.

Femten år siden (15 years ago) 2008

Helge Vestnes spoke briefly. Savings now accrue 3-5% with Sons of Norway accounts. He also reminded everyone that all Sons of Norway programs should be free of either political or religious aspects so as to conform to our mission.

In 2007, Norway was named the world's most peaceful country by The Economist magazine's Intelligence Unit, which is a leading resource and advisory firm. The firm has existed since 1946.

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.

Döstädning

A few of our new members mentioned their Swedish roots so it fits that I (Carla) learned a Swedish word: döstädning. A coworker mentioned in an email that he was "döstädning" so I used Google Translate, assuming it was a Norwegian word. The result was "death killing" - immediately concerned, I checked with him about what he was doing!

He pointed out that it was Swedish and translated as "death cleaning." "Think spring cleaning on steroids, but with that Scandinavian twist – if it no longer brings you joy, get rid of it," he replied. It is from a publication, www.familyhandyman.com/list/10-things-to-know-about-swedish-death-cleaning/ and is certainly something for me to try at my house!

What's for McLunch in Norway?

Have you ever waited in the drive-thru line at McDonalds and wondered: what might I be ordering if I were at McDonald's in Norway?

It turns out, Norwegians have some of the same familiar favorites as North Americans, such as Big Macs, Chicken McNuggets and french fries. However, they also have some items that we don't, like the Big Mac Chicken, the Fish McFeast, and the Cheese Tops Burger. Since we are talking about food in Norway, it's not too surprising to see that they have made an effort to make even McDonald's healthier. There are several vegetarian items available. In the Happy Meals, you have the same choices as in North America...and some that feel uniquely Norwegian, like 2 different fish sandwiches and a veggie burger.

Speaking of drive-thru lanes, Norway does have them, but they account for about 40% of total sales versus 65% of McDonalds' business in the US.

Here's a link to check out other menu items you might like to try. Håper det smaker! Enjoy the food!

<https://www.mcdonalds.com/no/nb-no/meny.html>



Photo Credit: McDonald's, Fish McFeast

More about the Hurtigruten Cruise Line

Our program this month is about cruising the coast of Norway on the **Hurtigruten**. Here's a little information about the Hurtigruten from Wikipedia: "Hurtigruten (literally meaning *The fast route*) is a ferry line along Norway's jagged coastline. Marketed as the "world's most beautiful sea voyage", Hurtigruten ships traverse the western side of the Norwegian coast, largely sheltered by islands and skerries....Hurtigruten began as transportation company for passengers, goods and mail along the coast of Norway in 1893, providing a crucial link for many communities...The ships still carry some cargo, but today the ships more closely resemble cruise ships than the original coastal steamers.

A one way trip takes 6-7 days, while the round-trip takes 12. This contrasts with Norway-in-a-Nutshell tours which are 1-3 days. It's also possible to purchase hop-on, hop-off tickets. Port stops vary in length. They can be as short as 5 minutes and up to 5-6 hours." <https://en.wikivoyage.org/wiki/Hurtigruten>



Deafening Denizens of the Deep

Sperm whales (or *spermhval* in Norwegian) are probably familiar to most of us, whether that's thanks to National Geographic or *Moby Dick*. Their massive rectangular heads and vast size are unmistakable. These whales can be found in Norwegian waters year-round, so any time is a good time to go on a whale safari!

What may be less commonly known is that sperm whales are the LOUDEST animal on the planet. They make a lot of different vocalizations like creaking, trumpeting, and squealing—but what you need to watch out for is the clicking! Sperm whales make clicking sounds that can reach 230 decibels. That's loud enough to actually deafen a person diving with these giant mammals. Divers have also reported partial paralysis and general body heating when exposed to the overwhelming volume and concussion of these clicks.

Try "clicking" this link to hear some of the sperm whale vocalizations yourself: <https://tinyurl.com/sofnwhale>. Don't worry, these are safe to listen to!

International Waffle Day Approaches

Waffles are a delicacy that are popular worldwide. In fact, there are countless types of waffles from different countries, and they are served in various ways. The origin of waffles dates to Ancient Greece and they are perhaps one of the oldest desserts in history. The country most known for waffles is Belgium; the Belgian waffle is a thicker version of an American waffle that includes yeasted batter to make it light and fluffy on the inside, while staying crispy on the outside.

Another country that shares Belgium's affinity for waffles is Norway. However, Norwegian *vafler* are thinner, softer, heart-shaped and include ingredients such as cardamom and sour cream. To add extra flavor, Norwegians are also known to add *brunost*—brown goat cheese—on top of their waffles for a sweet and savory combination.

What a perfect time to be dreaming of waffles, as International Waffle Day is coming up on **March 25th**. There is no doubt that Norwegians everywhere will be enjoying waffles on that day with their favorite toppings of cheese, jam, or sour cream. Join in with this delicious [recipe!](#)



Vaffelhjerter / Waffle Hearts

In North America, waffles are eaten for breakfast, and the waffle irons are round or square with four sections. The usual toppings are butter and syrup. The *vafler* in Norway are served for dessert or as a snack, in heart-shaped sections. They are richer and softer than American waffles and are almost always homemade.

Ingredients:

6 eggs
 1/2 cup sugar
 1 tsp. ground cardamom
 1 1/2 cup flour
 1 tsp. baking powder
 pinch of salt
 1 cup sour cream
 1/2 cup melted butter
 3 Tbsp. butter for waffle iron

Instructions:

Step 1

Mix eggs, sugar, and cardamom together in a big bowl.

Step 2

Add in flour, baking powder, and salt.

Step 3

Mix these ingredients and beat in sour cream and butter until the batter is smooth. Let the batter sit for about 20 minutes before you begin making the waffles.

Step 4

Heat up the waffle iron and brush some butter on the surface of the iron.

Step 5

Pour 1/4 cup batter over the iron and wait for the waffle to become light brown.

Step 6

Remove waffle (watch out, it's hot!) and serve warm.

Step 7

Top with jam and whipped cream, or sour cream. Try different toppings and make a sweet or savory waffle sandwich!

Masse Moro Norwegian Heritage Camp

The Masse Moro Norwegian Heritage Camp will be held July 16-29, 2023 for children ages 9-15 in Fall Creek, WI. For more information, see www.sonsofnorway5.com or www.massemoro.org. The camp is offered through the District 5 Nordic Legacy Foundation and scholarships are available at sonsofnorway5.com/financial/district_scholarships.php.

Sons of Norway Scholarships: Deadline March 15

Academic, International Summer School & Folk High School Scholarship applications are due March 15. Information and applications are available at sonsofnorway5.com/financial/district_scholarships.php

A little in English...

Norwegian Tourist Association Introduces Mountain Pick-Up Code

The mountains are one of the most romantic places to meet a girlfriend or boyfriend. Now DNT (Den Norske Turistforening, the Norwegian Tourist Association) has introduced the Mountain Pick-Up Code, which should make it easier to meet people.

In 1967, the Norwegian Tourist Association (DNT) and the Red Cross introduced the Mountain Code because too many people were dying in the mountains.

Now the DNT believes there are too many single people and as a result have introduced the "Mountain Pick-Up Code."

Over Easter break 2014, the Norwegian Tourist Association introduced a hat color code to signify relationship status. It started as an April Fool's joke, but after an enormous response on social media, it became a real thing.

"Many people are tired of internet dating and dating apps. The mountains are certainly the most romantic place to meet someone. You can start up a conversation easily, be yourself and share common interests," says Ida Amelie Helgesen, communications advisor for DNT.

"People are far too shy! We need to break the ice. Something has to be done since our culture is so cautious," says Martine Bortheim, who wears a green hat herself.

The Mountain Pick-Up Code

1. Feel free to flirt on mountain trails without previous experience. Practice makes perfect!
2. Let people know the route that you'll be taking, so that you can meet up with them again.
3. Show respect for the color of other people's hats. A green hat means single, a red hat means in a relationship and orange or yellow hat means open to flirting.
4. In case of bad weather, stay put- you'll have an extra day's time to find your special someone.
5. Always bring plenty of hiking snacks to share. The way to the heart is often through the stomach.
6. Listen to the advice of experienced mountain flirts.
7. Remember your map and compass, so you can ask others for help with using them.
8. Don't hike alone, ask someone to join you.
9. Turn back if need be—there is no shame in running after someone to ask for their phone number.
10. Smile freely and laugh at bad jokes if necessary.

Litt på Norsk...

Turistforeningen Innfører Fjellsjekkeregler

Fjellet er det mest romantiske stedet å treffe en kjæreste. Nå innfører DNT Fjellsjekkeregler som skal gjøre det lettere å komme i kontakt med andre.

I 1967 innførte Den Norske Turistforening og Røde Kors Fjellvettreglene fordi det var for mange som døde i fjellet.

Nå mener DNT det er for mange single og innfører derfor i dag «Fjellsjekkereglene».

Den Norske Turistforening innførte luemerking etter sivilstatus i påsken 2014. Det begynte som en aprilspøk, men etter en enorm respons på sosiale medier ble det virkelighet.

- Mange begynner å bli lei av nettdating og sjekkeapp'er. Fjellet er absolutt det mest romantiske stedet for å finne noen. Her kommer man lett i prat, man er naturlige og deler felles interesser, sier Ida Amelie Helgesen, kommunikasjonsrådgiver i Den Norske Turistforening.

- Folk er altfor sjenerte! Vi må begynne å snakke sammen. Noe må gjøres når kulturen vår er så forsiktig, sier Martine Bortheim, som selv har på seg en grønn lue.

Fjellsjekkereglene

1. Legg gjerne ut på sjekking på fjellet uten trening. Øvelse gjør mester!
2. Meld fra hvor du går, slik at man kan møtes igjen.
3. Vis respekt for andres luefarge. Grønn lue betyr ledig, rød lue betyr opptatt og oransje eller gul betyr kanskje åpen for kontakt.
4. Bli værfast – og få en ekstra dag til å finne din utvalgte.
5. Ta alltid med rikelig tur snacks som kan deles. Veien til hjertet går ofte gjennom magen.
6. Lytt til erfarne fjellsjekkere.
7. Husk kart og kompass, slik at du kan spørre om hjelp til å bruke det.
8. Gå ikke alene, spør om dere skal slå følge.
9. Vend i tide, det er ingen skam å løpe etter for å spørre om telefonnummeret.
10. Spar ikke på smilene og le av dårlige vitser om nødvendig.



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

MARCH 2023



OFFICERS TO CONTACT BETWEEN MEETINGS

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

Vice President-

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

Secretary - Kathy Anderson 608-269-6193
e-mail: mkandersonfarm@yahoo.com
Send notices of deaths to the Assistant Secretary, Carol Pestel. Phone #608-386-4274.

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

Treasurer-- Adrian Johnson 608-386-3460
e-mail: ajrjathome@msn.com

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

Norskedalen Activities

Throne Visitors Center

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



Admission rates for all programs with the 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