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Fra Presidenten



May, a wonderful month to celebrate life. Norwegians celebrate Syttende Mai. The May meeting will be at the Radisson Center. Dinner will be served by the Radisson staff. Meet there at 5:00pm for a social hour, and dinner will be served at 6:00. This will be a festive occasion, so if you have a bunad or something Scandinavian, wear it!

The Wergeland Dancers will provide entertainment. They have been dancing together for 50 years, so this is a time to celebrate what Sandra Kawatski has done to keep this group dancing.

On May 17th, meet at La Crosse City Hall as we raise the Norwegian flag at 9:30 am. We will sing the Norwegian National anthem and review what happened on May 17, 1814. If your time allows, join us at the Charmant for coffee and breakfast.

See you at the May meeting, Ramona J.

May 17 is Syttende Mai, or Constitution Day in Norway. Here are a few local activities:

- **Raising of the Norwegian Flag at La Crosse City Hall 9:30 am, May 17 with breakfast at the Charmant afterwards**
- **Syttende Mai in Spring Grove, MN: May 17-21. The Grand Parade is at noon on Saturday, May 14. See <http://sgsyttendemai.com/>**
- **Syttende Mai in Westby, WI: May 20-21. Dave Glomstad will have a presentation on Saturday (see p. 4.) The parade on Sunday starts at 1:30. Festival info is at <https://www.syttendemaiwestby.com/>**

Wergeland Kalender

- ◆ May 4—**BANQUET!**
5:00 Social Hour, 6:00 Dinner, Radisson Center, located on the corner of second and Jay streets in La Crosse
- ◆ May 9—5:30 Board Meeting at Perkins
- ◆ May 15—Deadline for Budstikken articles
- ◆ May 17—9:00 Flag Raising at La Crosse City Hall followed by breakfast
- ◆ May 27—Budstikken mailed to members
- ◆ June 1—Chris Faltiesek Piano Concert 6:00 pm
Our Saviors Lutheran Church, Division St., La Crosse, WI



PROGRAM FOR MAY

Syttende Mai Banquet with the Wergeland Dancers

May 4 is our **Syttende Mai Banquet** at the Radisson Center in La Crosse (our regular meeting place). (You should already have tickets or have let Adrian know you were attending.)

Social hour begins at 5:00 and the Dinner will be at 6:00 followed by the program. The meal will be served to us "sit down" style, with a full menu including salad and dessert. There will be a punch bowl, but if you prefer something different, feel free to bring your own beverage.



Mai Birthdays

- 8 Claire Everson
- 11 Alex M Hagen
- 12 Ardelle M Ender
- 16 Adrian E Hagen
- 22 Trygve A Mathison
- 22 Eric James Pederson

Sven was going for his morning walk one day when he walked past Ole's house and saw a sign that said "Boat For Sale." This confused Sven because he knew that Ole didn't own a boat, so he finally decided to go in and ask Ole about it.

"Hey Ole," said Sven, "I noticed the sign in your yard that says 'Boat For Sale,' but you don't even have a boat. All you have is your old John Deere tractor and combine."

Ole replied "Yup, and they're boat for sale."



Bus Trips to Minneapolis and Decorah

Plans for our two trips are coming along!

On October 18, a bus will take us to Minneapolis. We'll lunch at the Swedish Museum and then tour the Norway House and perhaps the Mindekirken church. The price will be around \$60 per person (meals not included).

On Wednesday, November 29, we will travel to Decorah on bus (around \$50-55, meal not included). We will visit Vesterheim and then attend the Christmas at Luther dress rehearsal.

Sign up sheets have been passed, but if you are not on the list and are interested in going on one or both trips, call Ramona at 608-788-7507 or 608-386-6125.

Program for June

Steve Falteisek Piano Concert, Our Saviors in La Crosse

Sekretær Notater...

Wergeland Lodge Meeting April 6, 2023

President Ramona Johnson called meeting to order at 6:00.

The Pledge of allegiance was said and the three National Anthems were sung.

The Charter was draped in memory of Tim Ofte, John Monson and Marilyn Romskog. A moment of silence was observed in their memory.

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

Raffle - \$51.00 - Winners - Dave Hendrickson and Bev Ranis

May - We will raise the Norwegian flag at City Hall on May 17th at 9:30 followed by breakfast at the Charmant.

June - Piano concert at Our Savior's with cake and ice cream after concert.

Sign up to bring a cake or two.

July - we will have a picnic at the Radisson. Along with the picnic Lee Grippen has a humorist coming for our program.

Prices for our bus trips in the fall will be announced at our next meeting.

Meeting adjourned at 8:00

Members present - 55

Dave Glomstad presented a very informative and interesting program on trolls.

Assistant secretary, Carol Pestel

Treasurer's Report:

Mar 31, 2023 checking balance	\$3836.11
(which includes \$159.91 for Dancers)	
Mar 31, 2023 scholarship balance	\$1714.50
Mar 31, 2023 savings balance	\$12,678.64
Mar 31, 2023 Wergeland has	\$18,229.25

God Bedring...

...til Dave Glomstad's wife, Becky, who is recovering from surgery on her broken ankle.

Tusen Takk...

...til the cookie bakers for the Barnebirkie! Wergeland contributed 9 dozen cookies to the event.

Scholarship Bike Ride

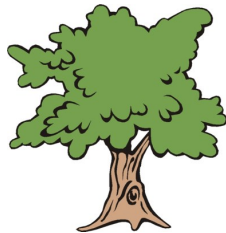
Dave Glomstad will again do his Bike Fundraiser for the Wergeland Scholarship Fund. His distance is 60 (!) miles this year, on or around June 22. He will collect pledges at the next two meetings.

Parade Season is Coming!

Be in the **June Dairy Days Parade** on Saturday, June 3! We need several people to walk with the banner and help advertise our lodge! Adrian will drive a flashy car from the Dahl Auto Museum.

We also plan to participate in the **Holmen Kornfest** in August. Parades are fun and easy way to advertise our lodge!!!

Thought For the Day
 "A tree is known by its fruit;
 a man by his deeds.
 A good deed is never lost;
 he who sows courtesy
 reaps friendship,
 and he who plants kindness
 gathers love."
 ---St. Basil



Above, Adrian and Ramona start the Wergeland Lodge meeting with calling out table numbers. The desserts at the April meeting were beautiful AND delicious!!

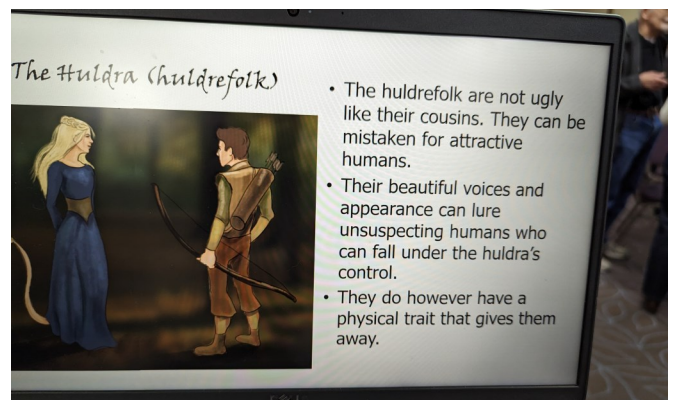
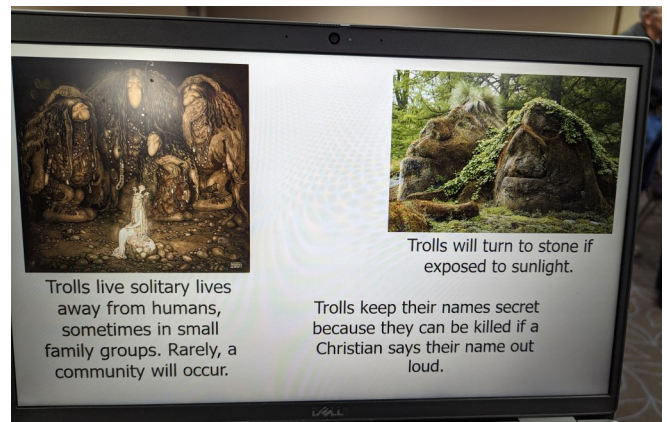
Program for May: Wergeland's 50-Year Sponsorship of their own Folk Dancers

Few Sons of Norway lodges can say they have promoted the Scandinavian culture through a 50-year-long sponsorship of a traditional folk dance group. Come see where the Wergeland dancers have been and what they have taught audiences over the years while offering a community service.

From the April Program: Trolls: From Mythology to Modern Times



Wergeland's role in restoring the trolls in the Friendship Gardens prompted Dave Glomstad to do some research about Trolls. He shared about their origins and their transformation over the years. Through the years, trolls are a threat to humans and Norse gods, but more recently, some trolls have taken on more friendly personalities and looks. Thank you, Dave, for such a thorough education about trolls!





Dis og Dat



Linda Sherwood asks that we dress in our **bonuds and other Norwegian apparel for the May 4th banquet!**

Carol and Joe Stekel spent 4 days at their daughter Sue's in Falcon Heights,

MN. While there, they celebrated Carol's and grandson Zach's birthdays by dining at Osaka's Japanese grill. The photo shows masks that they provide for birthday people. (such silliness!) Also Sue and Carol attended a wedding shower for Zach and his fiancé, Ellen, soon to be married in July. Zach was a Wergeland scholarship recipient while a student at Luther College. Thank you, Wergeland!



Jean Davis went to Arizona the first two weeks in March and visited her son Robert Davis and family and granddaughter Tana Bondy. She enjoyed three Brewers games and even thought the weather was cool, she enjoyed her trip.

Sally Olson vacationed for three weeks in Florida with her sisters. Weather was perfect!

Dave Glomstad is giving one of the presentations sponsored by the History Alive Project at the Westby Syttende Mai on Saturday, May 20, 12:30 in the basement of New Directions Real Estate, 110 N. Main St.

Dave's program info: "Wearing his authentic American Civil War uniform as well as bearing a period-correct rifle, you can join David Glomstad, local American Civil War researcher, as he brings the famous Norwegian Col. Heg's all Wisconsin Norwegian Infantry Regiment saga to life! Glomstad will help you become aware of the roles that many Vernon Co. soldiers played as they joined Heg!"

Looking Back

Fem år siden (5 years ago) 2018

The May 3 business meeting was held after our delicious Norwegian smorgasbord, which we held in celebration of Syttende Mai. Program Committee member, Frieda Nowland introduced the night's program entitled "Go Take a Hike", presented by Nola Larson and Florence Overgard.

Ti år siden (10 years ago) 2013

Drugan's Castle Mound Club is the site of our annual banquet honoring Norwegian Constitution Day. This is the 110th anniversary of our lodge. Hannah Scholze, archivist of the Holmen Area Historical Society has prepared a presentation called "A Pictorial History of Holmen: Establishing a Norwegian Community in La Crosse County."

Wergeland's newest Golden Members and 25 Year Members will be honored at our banquet. Golden Honorees are Burdonna Drugan, Kent Drugan, Ingeborg Gerber, Elnor Haugen, and Tim Ofte. 25 Year Membership Honorees are Ingrid Fowler, James Halvorson, Charlene Harnish, Carol

Marking, Leif Marking, Sandy Mattie, Anna Morris, Tim Ofte, Vilda Olsen, Don Peterson, Vivian Sacia, Shirley Schoenfeld and Leann Theisen.

Femten år siden (15 years ago) 2008

Syttende May flag-raising ceremony is May 16th. This will be at La Crosse City Hall followed by a visit to the Town of Campbell Cemetery to pay tribute to Martin Dock and all Norwegian immigrants.

Congratulations to the 5th District from the Sons of Norway Foundation on having the highest percentage of lodges giving to the Foundation in 2007. Thirty-eight of the District's 60 lodges donated for a total of \$12,352.50, the highest amount of all Districts.

With the addition of 25 new members in the recent membership recruitment drive, Wegeland Lodge now has 497 members.

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.

Syttende Mai – Festival of Music

When we think of Norway's national day, Syttende Mai, flags, children, parades and party food may come to mind, but there is another element that plays a huge role in the festivities, that of music. Of course, the national anthem, "Ja, Vi Elsker" will be belted out at some point, but there is much more depth to the day's soundtrack.

Starting bright and early on grunnlovsdagen, choirs and glee clubs will assemble to perform patriotic anthems, including "Sønner av Norge" (Sons of Norway), "Norges Skaal" (To Norway), both previously in use as national anthems. "Kongesangen" (The Royal Anthem) may also make an appearance, which shares the same melody as "My Country 'Tis of Thee."

In the weeks leading up to the big day, brass bands will march through the streets in preparation, a cacophony of notes and percussion bouncing off buildings. Syttende Mai parades are peppered with the sounds of youth bands performing both patriotic and popular songs.

Modern favorites with warm sentiments for Norway include the sedate "Mitt Lille Land," (My Little Country) by Maria Mena and "Fedrelandet" (The Fatherland) by Robin og Bugge- both available on YouTube.

Barnebunader

The Norwegian national costume, known as the bunad, is worn on special occasions such as Syttende Mai or at weddings. There are many different types of bunads that represent different locations in Norway and there are even details that reflect status or age.

It is common to receive or purchase a bunad in your mid-teen years that will last your entire life. So, what do younger children wear on these special occasions? Because children outgrow clothes so quickly, they will often have a festdrakt. These costumes are much less expensive than the traditional bunad and are more generic. They are also more readily available.

Unlike bunads, the festdrakt is not bound by location and is not as strictly tied to traditional bunad practices, though they can look quite similar to bunads. Festdrakter are also worn by some adults as they can be customized to personal preference. Whether in a bunad or festdrakt, Norway is well dressed for special occasions!



Almond Bars

Spruce up your Syttende Mai party with these delicious bars. Great for sharing and enjoying a "taste of Norway."

Bars:

1/2 cup butter, softened
1 cup sugar
1 egg
1/2 tsp. almond extract
1 3/4 cups flour
2 tsp. baking powder
1/4 tsp. salt
2 Tbsp. milk
1/2 cup sliced almonds

Glaze:

2 cups powdered sugar
1/2 cup milk
1/2 tsp. almond extract



Photo Credit: Noelle Rulseh

Directions:

Preheat oven to 325° F / 165°C. Line baking sheets with silpat pads or parchment paper.

In a mixing bowl, cream together the softened butter and sugar. Add the egg and almond extract and beat until mixture is fluffy. Add the flour, baking powder and salt until you have a soft dough.

Divide the dough into four parts. Roll each part into an 8-inch log.

Place on prepared cookie sheets and flatten each log to 3 inches / 8 cm wide with your hands. Leave 4 inches / 10 cm or so between each rectangular bar.

Brush the tops with the milk and sprinkle on sliced almonds.

Bake for 15-20 minutes, or until edges are slightly browned. While still slightly warm, cut crosswise into 1-inch-wide diagonal bars.

Cool, and then drizzle with glaze.

Glaze: In a bowl, beat together powdered sugar, milk and almond extract until smooth.

Drizzle glaze over diagonal sections.

Recipe by Noelle Rulseh from www.htrnews.com/story/life/2018/05/09/manitowoc-syttende-mai-norway-recipe-almond-bar-celebrate/588414002/

A little in English...

Preparing your bunad blouse for Syttende Mai

This is how you iron your bunad blouse, remove stains and get ready for Syttende Mai!

Ironing your bunad blouse

Most bunad blouses are made of linen, and therefore always need to be ironed, but there are some things that are important to remember when it comes to ironing linen shirts.

Linen does not dry as quickly as cotton and other types of fabric, so if you are going to wash it first, you should do it well before Syttende Mai so that it has time to dry. When ironing linen, you must use medium heat, or the linen function on the iron. If you are not used to ironing, you may want to place a scarf or a thin towel between the iron and the shirt, so that you don't get scorch marks. Also make sure that the iron is completely clean before plugging it in. You can also gently spray the fabric with a little water, to moisten the fabric. Apply a lot of pressure when ironing this type of fabric.

When it comes to ironing the sleeves, it is important not to get a pressed edge. Then you can easily put your sleeve over the narrowest part of the ironing board and begin ironing. Then you will achieve a round and nice arm.

Stains on your bunad blouse or bunad

Whether it's ice cream after the parade, cake at the festivities, a hot dog or a proper dinner party, you can have the misfortune of spilling on your bunad. The trick is to be super quick to dab it with a cloth dipped in cold water. Wool does not absorb things as quickly as other fabrics, so if you are quick enough it may be fine. If the stain does not come out, you can try a stain remover, but you need to be very careful.

If you spill on your bunad blouse, it's worse. Fruit stains such as juice, wine and ketchup should be removed with boiling water. Boil the water and pour it through the stain. Stains from milk, cream or coffee should be removed with cold water. Read more about removing stains on the bunad shirt and how to wash it after use at the Norwegian Linen Association: <https://norges-linforening.no/2017/vask-og-stell-av-lin-bunadskjorte-2/>



Litt på Norsk...

Slik gjør du bunad skjorten klar til 17. Mai

Slik stryker du bunadskjorten, fjerner flekker og blir klar til 17. mai!

Slik stryker du bunadskjorten

De fleste bunadskjorter er av lin, og må derfor alltid strykes, men det er noen ting som er viktig å huske på når det kommer til stryking av linskjorter.

Lin tørker ikke like fort som bomull og andre stoffkvaliteter, så om du skal vaske den først burde du gjøre det i god tid før nasjonaldagen slik at den rekker å bli tørr. Når du stryker lin, må du bruke middels varme, eller lin-funksjonen på strykejernet. Hvis du ikke er vant til å stryke, kan det være lurt å legge et tørkle eller en tynn håndduk mellom jernet og skjorten, slik at du ikke får brennmerker. Pass også på at strykejernet er helt rent før du setter i stikkontakten. Du kan også forsiktig spraye på litt vann for å fukte stoffet. Legg mye press på når du stryker denne typen stoff.

Når det kommer til å stryke ermene, så gjelder det å ikke få en presskant. Da kan du enkelt tre armen over den tynneste delen av strykebrettet, og stryke i vei. Da vil du få en rund og fin arm.

Flekker på bunadskjorten eller bunaden

Enten det er is etter toget, kake på fest, pølse i brød eller en skikkelig festmiddag kan du være uheldig og søle på bunaden. Da er trikset å være super-rask med å stryke over med en klut dyppet i kaldt vann. Ull absorberer ikke ting like fort som annet stoff, så om du er rask nok kan det gå fint. Om flekken ikke går bort kan du prøve en flekkfjerner, men her anbefales det å være veldig forsiktig.

Hvis du søler på bunadskjorten, er det verre. Fruktflekker som saft, vin og ketchup bør fjernes med kokende vann. Kok opp vannet, og slå det gjennom flekken. Flekker av melk, fløte eller kaffe bør fjernes med kaldt vann. Les mer om fjerning av flekker på bunadskjorten, og hvordan du skal vaske den etter bruk hos Norges lin-

forening: <https://norges-linforening.no/2017/vask-og-stell-av-lin-bunadskjorte-2/>.

Sons of Norway
Wergeland Lodge # 5/028
P.O. Box 3591, La Crosse, WI 54601-3591

Wergeland Scholarship Application 2023

Name: _____ Date of Birth: _____

Address: _____ Phone Number: _____

Your E-Mail _____

Wergeland SON Family Member: _____ Relationship: _____

Name of Accredited College or University: _____

Major: _____ Anticipated Graduation Year _____

Briefly, what are your future plans? _____

Why are you interested in this scholarship? _____

- Return completed application and proof of registration for the Fall 2023 semester (your 2nd year of college) to Laura Ira, 113 Meadow Ln, West Salem, WI 54669-9261 or email to lauranorm2021@outlook.com.
Send a photo of yourself (.jpg file) for the Lodge newsletter to Carla Burkhardt at Carla.burkhardt8696@gmail.com.
The application file must be submitted by July 1st.

Guidelines for scholarship applicants:

- As of May 31st, applicant must be under age 24, a child or grandchild of a member of Wergeland Lodge, attending college, registered for the 2nd Year. Applications are available from Kathi Beane, beane.kath@eagle.uwlax.edu.
Any previous scholarship recipient will not qualify.
Applicant must be a full-time student, completed one year of college, and accepted and entering the second year or later year at an accredited college or university.
Each qualifying applicant will receive a \$300 scholarship award and check at the following August meeting.

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

Wergeland Lodge is proud of our emphasis on family lodge, and a scholarship is available to all members' families meeting the criteria above. Scholarship Committee Carla Burkhardt, Kathi Beane, and Laura Ira.

(April 2023)

Signature of Applicant _____

Please use additional sheet if needed.

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

MAY 2023



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e-mail: beane.kath@eagle.uwlax.edu
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e-mail: mkandersonfarm@yahoo.com
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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 May - Oct:

Monday-Saturday from 9am--5pm
Sunday from 11am--5pm



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