



## Inside this issue:

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

## Fra Presidenten



Fall is here and our next meeting is Thursday, November 7. Hope everyone is doing well and can come to our next meeting.

Remember that December 5 we have our dinner at Cedar Creek. Hope everyone can come.

At the November 7 meeting Carla will announce times that we have open for bell ringing for the Salvation Army at Festival Foods Village on November 18 and at Festival Onalaska on Wednesday, November 20.

-Dave Hendrickson

**The DECEMBER HERITAGE DINNER is Thursday, December 5th at Cedar Creek.**



**The tickets will be on sale for \$28.00 at our November meeting. Dinner will be served at 6 PM. Reservations need to be in by November 27. Tickets will be available at the November meeting, or call 608--784-9788 (Linda Sherwood), if unable to attend November meeting to reserve a spot (reservations must be honored).**

## Wergeland Kalender

- ◆ Nov 7—6:00 Wergeland Lodge Meeting, Radisson Center, located on the corner of 2nd & Jay St
- ◆ Nov 12—5:30 Board Meeting at Perkins in Onalaska—ALL are welcome!
- ◆ Nov 18—Deadline for Budstikken articles
- ◆ Nov 28—Budstikken mailed to members
- ◆ Dec 5—5:00 Social Hour; 6:00 Dinner Holiday Banquet at Cedar Creek



**The 2025 calendars are here!** the 2025 Splendor of Norway calendars for sale at our September meeting for \$15.00. We also have a few Splendor of Sweden ones available for your Swedish friends and relatives.



### 2025 Officers Needed!!!

Thank you to everyone who is remaining in their post and/or has taken on a new role!

At this time, we have two spots to fill:

1. **Social Committee (January—April)**
2. **Marshall**



## PROGRAM FOR NOVEMBER

### Norwegian immigrants in Minnesota

#### Lunch providers for the November 7 meeting:

**Sandwiches** (2½ doz): Ilene Pavelko, Bev Ranis, Karen Broadhead, Ramona Johnson, Linda Sherwood

**Cake or bars** (9x13): Dee Johnson, Carla Burkhardt, Ann Sprain, Lynn Curtis

**Pickles:** Tom Monson (Dill), Diana Hobson (Sweet) (and wine!)

**Fruit or vegetable tray:**

**Members are asked to donate \$3-5**



## November Birthdays

- 4 Birgitta Kathan Finn
- 4 Freya Kathan Finn
- 4 David Widener
- 5 Kathryn K Anderson
- 6 James C Halvorson
- 7 Edward C Johnson
- 8 Nancy R Loper
- 9 Julia L Forde
- 9 Torin L Loper
- 10 Paul S Amundson
- 10 Paulette S Widener
- 11 Michael John Everson
- 13 Ilene Harriet Pavelko
- 13 Shirley Schoenfeld
- 14 Michael A Anderson
- 14 Greg P Hart
- 15 Theresa L Heiser
- 17 Erik R Coaty
- 17 Patricia L Green
- 18 Harley L Evenson
- 20 Wyatt Becker
- 20 Mike Stanley Berg
- 21 Cecilia M Berg
- 23 Mark J Dregne
- 23 Joan P Everson
- 26 Mary E Amunson
- 26 Winston Howe
- 27 Lois J Tolvstad
- 28 Susan M Carlson
- 30 Sally Louise Olson

## Program for December

Dana Kelly, former director, Norwegian-American Genealogical Center & Naeseth Library

### Sekretær Notater...

#### October 3 Wergeland Lodge Meeting, Radisson Center, La Crosse

David calls meeting to order at 6:37.

Our United States pledge was said. Our "National Anthem", Fedrelandssang" and "O Canada" were sung.

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

Treasurer's report also printed in the Budstikken and approved as printed.

Ramona reports on officers for 2025, listing officers needed for 2025. Anyone not wanting to take the office that they are now holding to please let Ramona know.

Carla and Evonne report on June Convention, classes available, meetings to attend with voting. Four slots available from District 5, only sent 2. In 2 years the convention will be in Stoughton, much closer and easier to commute to.

Dec. 5th at Cedar Creek is our Christmas celebration. Prices and menu not known but all information should be available at our November meeting.

Raffle: \$26.00 Winners - Dave Glomstad and Anja Diedrich

October Birthdays - Song was sung.

Song: #18 "Vi er et Folk" #19 "A People We"

Next meeting Nov. 7

Meeting adjourned at 7:10

Members present - 39

Program - Hospice 101 Dana Bistodeau

Secretary, Kathy Anderson

Treasurer's Report:

Sept 30, 2024 checking balance	\$927.83
(which includes \$84.91 for Dancers)	
Sept 30, 2024 scholarship balance	\$402.00
Sept 30, 2024 savings balance	\$11,015.02
Sept 30, 2024 Wergeland has	\$12,344.85

## Bell Ringing for Salvation Army



The following "regulars" have been slotted into times, but please let Carla know if you would like to ring bells on behalf of our Lodge — many spots/times are still available for the season.

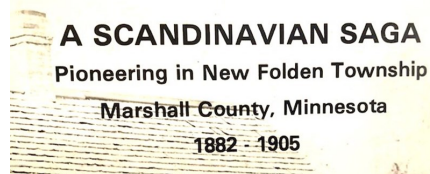
<b>Monday, November 18, Festival Foods Village</b>	
12:00-2:00	Adrian & Ramona Johnson
2:00-4:00	Char & Jerry Smith
4:00-6:00	Karen Broadhead & Bev Ranis
<b>Wednesday, November 20, Festival Foods Onalaska</b>	
10:00-12:00	David Hendrickson
2:00-4:00	
4:00-6:00	Shirley Schoenfeld & Carla Burkhardt

**Til minner om...**

...**Bernice Herder**, 100, who passed away on October 12. Bernice was a treasured member and officer of Wergeland Lodge. A Golden Member who was a member since 1980, she served as president for 5 years, receiving the district Lodge Presidents Award each year and the International Lodge Presidents Award in 1988.



**Program for November: Norwegian immigrants in Minnesota, presented by John Tunheim**



**John Tunheim** is a District Judge from the US District Court of Minnesota. He is from Newfolden, MN, **Shirley Lokstad Schoenfeld's** hometown, and has researched and written about his heritage. The photo of the group of people is the cover of John's book, "A Scandinavian Saga," which will be the subject of his presentation. Shirley's father is one of those pictured.



**From October's meeting: Dana Bistodeau: Hospice 101**



Dana Bistodeau is the Care Transition Coordinator at St. Croix Hospice System and has worked with aging populations for over 20 years. She presented a thorough review of the Hospice program and the services of the St. Croix Hospice system. This was an interesting and informative talk

with information about resources and considerations.

Hospice is one of the most mis-understood Medicare benefits and, although a person be in Hospice for 6 months (and then renewed if appropriate), the average time a person is actually in Hospice is only 17 days.

One valuable resource Dana shared can be found at the St. Croix website ([www.stcroixhospice.com](http://www.stcroixhospice.com) > Families > Lighthouse End-of-Life Planning Program™ - scroll to bottom) to find an Advance Care Planning Guide, a Checklist For When I Am Gone, and the Workbook For When I Am Gone.



**Norwegian Supper & Bake Sale  
Our Saviors Lutheran Church**

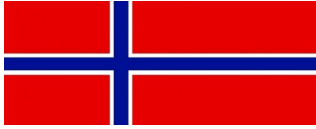
Event Date: November 2nd, 2024  
Meal served 3:30 to 6:30 pm,  
Ticket sales start at 3pm  
Location: 359 North Leonard,  
**West Salem, WI**  
Cost: Lutefisk and Meatballs \$20.00  
Meatballs only \$16.00  
Children 4-12 \$8.00; Children under 4 free  
Plated meal serving Lutefisk, meatballs, lefse, boiled potatoes, rutabagas, cran-



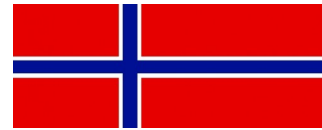
**Anja Diedrich** and her sister **Mathea**, both students at UW-La Crosse, joined us at the October meeting. Anja (below center, pictured with her sister and **Wayne Jacobson**) received the Myrtle Beinhauer Scholarship from the Sons of Norway international foundation. She is a first-year Recreation Therapy major and her sister is in the Occupational Therapy graduate program.

They grew up in Madison and have ties to Idun Lodge in Madison. We hope to see them again and learn more about their time in Norway, as they both have spent extensive time there.





## Dis og Dat



**Marilyn Rudser** is living at Brookwood Senior Living at 949 10th Ave N, Onalaska, phone 608-399-9425 and would love to have visitors and outings!

From **Marillyn Silbaugh**: I recently sold my home in Onalaska and will be moving to Los Osos, California, at the end of October. I have always enjoyed being a member of this Lodge and will miss your smiling faces.

From **Carol Stekel**: Does anyone want some Aptenia cordifolia succulent? They are a trailing succulent vine, tolerate drought and want sunny heat in summer. One can propagate them just from a cutting....and I have many. I've seen them online for \$11.00 each! Go to [www.etsy.com/listing/1704257933/unique-succulent-aptenia-cordifolia-4](http://www.etsy.com/listing/1704257933/unique-succulent-aptenia-cordifolia-4) to see. Notify Carol at [carolstekel@gmail.com](mailto:carolstekel@gmail.com) if you want 1 (or even 10).



**Norskedalen** was (is?) haunted and several Wergeland members were seen at the special Ghosts and Toasts event on Saturday, Oct 26. **Char** (in red) and **Jerry Smith** attended with friends, **Diana Hobson** and her cousin



Nancy poured DNA wine, and **Carla Burkhardt** led groups through the scary wooded trails. The weather was perfect for such an event!



Adrian and Ramona Johnson attended the SON International Convention in Jacksonville, FL. They found out how our entire SON works from business resolutions, voted on laws, and elected new officers.

### Femten år siden (15 years ago) 2009

For the November program, Chris Hall, education director at Norskedalen, gave an overview of this unique nature and heritage center. The mission is to preserve and interpret the cultural and natural history of this area.

Marilyn Silbaugh had the privilege to be the guardian for her two uncles, Clyde and Eugene Pierce, on the Freedom Honor Flight to the WWII Memorial in Washington DC.

## Looking Back

### Fem år siden (5 years ago) 2019

Natalie Kastman presented information about Hillview Urban Agriculture Center. The program focused on fostering community connections to increase composting, growing, and preparing and preserving food in the community.

Arlan and Doris Henderson entertained 15 people from Norway. They enjoyed lunch and then went for a hayride. Arlan sawed lumber for them.

### Ti år siden (10 years ago) 2014

Alex Laurann Gilbertson, Chief Curator at Vesterheim Norwegian-American Museum in Decorah, Iowa presented a program on, "A History of Norwegian Sweaters." She cares for the museum's artifacts, prepares exhibitions, leads textile study tours to Norway, and other tasks.

## Sons of Norway Mission Statement

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

## Norwegian Traditions Continue

From **Mary Cary**: May it please the membership that my grand-niece is carrying on the Norwegian Traditions of her grandmother, Yvonne (Espe) Cary. Yvonne is “full-blooded” Norwegian, and now her granddaughter, Trinity Archer, has claimed this Norwegian heritage as her own. Just imagine! These traditions have been passed down two more generations.

In fact, Ms. Archer recently helped a friend of Norwegian heritage get supplies for the bunad her friend was sewing. Trinity has begun her studies at the University of Washington in Seattle. Also, the friend sewing the bunad is going to St. Olaf College this fall (because of the school’s Norwegian heritage). Our future looks bright because these traditions are still being carried on here in our country.

## Health Benefits of Gratitude

According to Norsk Helseinformatikk, Norway’s largest resource of health information, gratitude can help you live longer. A study published in JAMA Psychiatry in July 2024 looked at whether feeling grateful affects longevity.

49,000 women were surveyed, and the study revealed that gratitude may have had a protective effect on them, especially in bolstering heart health.

Expressing gratitude also increases short-term happiness and lowers stress. While gratitude is thought to help with emotional challenges and social well-being, one of the clear findings was that grateful people seem to get better quality sleep.

Another study split subjects into two groups and found that the people who were instructed to express their gratitude felt 25 percent happier and more optimistic than before the study had started.

What are some ways to promote gratitude? Here are a few ideas:

1. Write down or talk about what you are grateful for, once or twice a week
2. Practice gratitude by setting aside a few minutes every day to think over what makes you grateful
3. Tell someone how you appreciate them or their work
4. Concentrate on the good things that happen and see if your well-being increases



## Sons of Norway Membership Benefits you should try!

Next in series of tips for getting the most out of your Sons of Norway membership!!

### Benefit Highlight #5 - Best Western Hotel

Members receive a discount of up to 10% at any of Best Western’s 3,400 hotels in the United States, Canada, and select properties in Scandinavia.

When making your hotel reservation, be sure and use the Business Advantage Corporate ID# \_\_\_\_\_ (log in and go to [https://www.sofn.com/member\\_resources/member\\_discounts/](https://www.sofn.com/member_resources/member_discounts/) to get the code. The codes won’t be shared in the Budstikken as that is posted online and non-members can access it!) to ensure that you receive your 10% Business Advantage hotel discount at any Best Western hotel within the United States, Canada and select properties in Scandinavia.



To make reservations, please visit <http://www.bestwestern.com/ba/index.asp> (the Corporate ID number is already embedded in this link – no need to manually add it). Be sure to add your Best Western Rewards number to the reservation at time of booking in order to receive all of the benefits of this program. You may also call the Business Advantage Hotline at 1-855-504-1079 and select “option 1” for Reservations. Always remember to include your individual Best Western Rewards number (provided above) on all reservations so you don’t miss out on any rewards points! Please be advised that Best Western Rewards accounts are under individual traveler’s names and not under your company name.

### Benefit Highlight #6 - Radisson Hotels- [https://www.sofn.com/member\\_resources/member\\_discounts/](https://www.sofn.com/member_resources/member_discounts/)

Sons of Norway members qualify for 5% off the regular rate at Radisson Blu, Radisson®,

Country Inns & Suites By CarlsonSM, Park Inn by Radisson and Park Plaza® hotels by using Corporate Account ID number \_\_\_\_\_

(log in and go to [https://www.sofn.com/member\\_resources/member\\_discounts/](https://www.sofn.com/member_resources/member_discounts/) to get

the code. The codes won’t be shared in the Budstikken as that is posted online and non-members can access it!) at [www.radissonrewards.com](http://www.radissonrewards.com), at the website for the individual brand or by calling: U.S. and Canada: +1 (888) 288-8889 / Europe: +353 1 513 8383. The discount is not available by contacting individual locations directly or by making a discount request at the location.



### Amaretto Soaked Cardamom Pound Cake

This recipe was originally published on RebeccaBlackwell.com.

#### For the cake:

1 cup (226 grams) unsalted butter, at room temperature  
 1 cup + 1 tablespoon (213 grams) white granulated sugar  
 4 large eggs (200 grams), at room temperature  
 1 tablespoon pure vanilla extract or vanilla bean paste  
 1/2 teaspoon almond extract  
 3/4 teaspoon kosher salt, or 1/2 teaspoon table salt  
 1 1/2 teaspoons ground cardamom  
 1 tablespoon orange zest  
 1 2/3 cups (200 grams) all-purpose flour

#### For the amaretto syrup and glaze:

2/3 cup water  
 2/3 cup (133 grams) granulated white sugar  
 1/3 cup amaretto liquor  
 1/2 teaspoon (or more) almond extract  
 1 1/2 cups (170 grams) powdered sugar  
 Pinch of salt

#### For decoration: Orange zest and crushed almonds

1. Prepare a 12-cup bundt pan by coating the inside of the pan with a thin layer of vegetable shortening or butter then shaking some flour around in the pan so the entire inside is coated. Heat your oven to 325 degrees F.
2. Add the butter and sugar to a large mixing bowl and use an electric mixer to beat on high for 3-5 minutes, until the mixture is very light in color and appears aerated and fluffy. Add the eggs one at a time, beating well on medium speed between each addition. Don't skimp on the mixing time - it's important to beat the batter for at least a minute or two after adding each egg.
3. Add the the vanilla extract, almond extract, salt, cardamom, and orange zest and mix on medium speed until blended into the batter.
4. Add the flour to the batter and mix on low speed just until blended.
5. Spread the batter into the pan and tap the pan on the counter a few times to remove any air bubbles. Bake for 50-60 min. When the cake is done it will be pulling away from the sides of the pan slightly and if you insert a toothpick in the center of the cake and remove it, there will be no raw batter on the toothpick.

About ten minutes before the cake is done baking, make the syrup:

1. Add the water and sugar to a saucepan and bring to a boil. Lower the heat and let the sugar syrup simmer for 2 minutes. Remove the pan from the heat and stir in the amaretto liquor.
2. Pour 1/4 cup of the amaretto syrup into a bowl and set it aside (you'll use it to make the glaze). Pour the remaining syrup (you should have about 1 cup) into a measuring cup with a spout.
3. Remove the cake from the oven and use a toothpick or fork to poke holes all over the bottom of the cake. Pour the syrup in the measuring cup onto the cake while it's still in the pan. It will seem like too much syrup, but don't worry - the cake will soak it up.
4. Let the cake rest inside the pan for 10 minutes, then turn it out onto a serving plate and allow it to cool completely.
5. Use a whisk to blend the reserved 1/4 cup of syrup with the almond extract, powdered sugar, and a pinch or two of salt. When the cake is cool, pour this glaze over the cake. Sprinkle with orange zest and crushed almonds.

This cake will keep well at room temperature, covered, for up to 5 days.



### Stamps Programming Continues

If you are accustomed to saving stamps and giving to Marilyn Rudser, you may continue to save the stamps! Even though the Tubfrim program is discontinued, Mary Bennett from Sun Prairie processes collected stamps for District 5 Sons of Norway. Mary sends them on to two programs, depending on the stamp: Stamps For The Wounded and Holy Cross Stamp Program (Notre Dame). You may give stamps to Carla Burkhardt, who will periodically deliver them to Mary.

## A little in English...

### Want to get fitter? Take the stairs

A new report shows that in general, Norwegians have gotten fitter. At the same time, many people could be more active in their everyday life.

The Norwegian Sports Academy (NHI) has examined Norwegians' physical fitness. They say Norwegians as a rule are in slightly better shape than previously. Their research shows that the Norwegian people's oxygen uptake is good.

At the same time, the fittest have become even fitter. The fittest in 2024 are in slightly better physical shape than in 2008.

But some are also in bad shape. Between 30 and 40 per cent of the participants in the survey had poor absorption of oxygen.

The upside is that not much is needed to improve their physical condition. They can take the stairs in everyday life or walk to the store. Even simple activities can promote physical fitness, according to NHI.

Many of us are not very active in everyday life, a survey from the university showed last year. The Norwegian Directorate of Health recommends that all adults and the elderly exercise for at least 2.5 to 5 hours during the week. This means 20 to 40 minutes every day. That's what Helsenorge (the National Online Health Services in Norway) writes. They also say that a sedentary lifestyle is bad for health.

## Litt på Norsk...

### Bli litt sprekere? Velg trappa

Generelt er nordmenn blitt litt sprekere. Det viser en ny rapport. Samtidig kan mange være mer aktive i hverdagen.

Norges idrettshøgskole (NHI) har undersøkt nordmenns fysiske form. De sier nordmenn generelt er i litt bedre form enn før. Deres undersøkelse viser at oksygenopptaket er godt hos det norske folk.

Samtidig er de sprekeste blitt enda sprekere. De sprekeste i 2024 er i litt bedre fysisk form enn i 2008.

Men også noen ligger dårlig an. Av deltakerne i undersøkelsen hadde mellom 30 og 40 prosent et dårlig opptak av oksygen.

Det positive er at lite skal til for å bedre deres fysiske form. De kan gå i trapper i hverdagen eller gå til butikken. Selv enkle aktiviteter kan gjøre mye for den fysiske formen, ifølge NHI.

Mange av oss er for lite aktive i hverdagen, viste en undersøkelse fra høyskolen i fjor. Helsedirektoratet anbefaler alle voksne og eldre å røre på seg i minst 2,5 til 5 timer i løpet av uken. Dette vil si 20 til 40 minutter hver dag. Det skriver Helsenorge. De sier og at mye stillesitting er dårlig for helsa.

## Cranberries vs. Lingonberries

If you were asked to name a tangy red berry that grows in cool climates, what springs to mind? If you are thinking ahead to Thanksgiving, your first choice may be "cranberry." But if you've recently had lunch at IKEA, you might default to answering "lingonberry." Are there differences, and if so, what are they?

Let's start with their similarities. Both berries are tart and have a dark red exterior color. They also both are highly nutritious in vitamins and antioxidants. Cranberries and lingonberries both belong to the same family of berries, which would explain why they overlap in quite a few areas. This makes them versatile in cuisine and you can often substitute one for the other in recipes.

However, they also differ in some ways. In appearance, the lingonberry (also called the cowberry), is smaller in size compared to its close relative. Cranberries are often lighter on the inside, with the flesh being almost white, whereas the lingonberry is more pink or red. Also, while both berries are in high demand, cranberries are more commonly cultivated and farmed, whereas lingonberries are more likely to be harvested from nature. Lastly, lingonberries are just a little bit naturally sweeter than cranberries.

Both berries make an excellent choice in tasty fall dishes, so go ahead and experiment with both this coming season.



Sons of Norway  
Wergeland Lodge #5/028  
P.O. Box 3591  
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NOVEMBER 2024

NOVEMBER



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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 \$10.00 for adults (\$6 for seniors/military), \$5.00 for children, \$25.00 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)