



Inside this issue:

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

Fra Presidenten



I hope that when April starts, we'll find that the weather is finally starting to warm up and the wintersnowstorms will finally be past us.

We still need people to go to the District 5 conference in Indianapolis this June. If you think you can go be sure to talk to any of the officers.

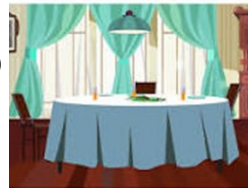
Tickets for our dinner celebrating Syttende Mai on May 9th at Cedar Creek will be available to purchase at our next meeting on April 4.

— Dave

May 9 Syttende Mai Banquet!

At our April lodge meeting, Adrian will be selling tickets for our May 9 Syttende May banquet. Tickets are \$27.00 each.

The banquet will be at Cedar Creek in rural Onalaska—5:00 Social Hour, 6:00 pm dinner. We will be served a chicken dinner with all the trimmings and pie for dessert.



Remember—this is the 2nd Thursday in May, as the first Thursday (our usual gathering date) was not available at Cedar Creek.

Hope to see many of you for this event!

NEEDED ASAP!

- 1. A TREASURER!** Talk to Adrian if you are interested. We need a treasurer to complete our officer roster.
- 2. Delegates** to the Convention plus alternates! If you are interested, please contact Kathy Anderson at 608-792-5589
- 3. Masse Moro campership deadlines** (see p. 5): April 13 Camp Application priority date; April 15 Scholarship Application deadline

Wergeland Kalender

- ◆ Apr 2—6:00 Wergeland Lodge Meeting, Radisson Center, located on the corner of 2nd & Jay St
- ◆ Apr 14—5:30 Board Meeting at Perkins in Onalaska—ALL are welcome!
- ◆ Apr 20—Deadline for Budstikken articles
- ◆ Apr 30—Budstikken mailed to members
- ◆ May 9— 5:00 social hour/6:00 dinner at Cedar Creek



PROGRAM FOR APRIL

David Engen from the Norwegian TV program "Alt Fra Norge"

Lunch providers for the April 2 meeting:

Sandwiches (2½ doz): Linda Sherwood, Bev Ranis, Kathy Anderson, Carla Burkhardt

Cake or bars (9x13): Elaine Olson, Carol Stekel, Ilene Pavelko

Pickles: Bev Ranis, Dee Johnson (Dill),

Fruit or vegetable tray: Gregg Attelson

Members are asked to donate \$3-5



April Birthdays

- 1 Carol E Stekel
- 1 David S Tostrud
- 2 Lois A Betz
- 5 Wayne A Jacobson
- 5 Judith Ann Konop
- 7 Meg E Canepa
- 8 Alvin R Forde
- 19 Phyllis Galstad
- 20 Daniel P Green
- 20 John T Lillejord
- 21 Carla A Burkhardt
- 23 Mark Everson
- 24 Ben Everson
- 26 Mary E Borreson
- 27 Edmund Lokstad
- 28 Kerste Melby
- 29 Glenn L Borreson

Procrastination is totally a good thing. You always have something to do tomorrow, plus you have nothing to do today.

Program for May

Syttende Mai Banquet at Cedar Creek

Sekretær Notater...

February 1 Wergeland Lodge Meeting

President David Hendrickson brings meeting to order at 6:04.

The pledge was spoken and the U.S. National Anthem was sung. Fedrelanssang, Noway National Anthem was sung, O Canada was sung.

Secretary's report printed in the Budstikken was approved as printed. No Treasurer's report.

District 5 convention - Only one(1) attending! Need more volunteers! Please contact Dave, Carla or Kathy if you wish to attend. Carla has convention pins @5.00 and directories for \$5.00.

Heritage dinner - Will be at Cedar Creek on May 9! Linda Sherwood will have more information at the next meeting.

Dave Glomstad received a full set of medals for cycling. Three cheers!

Raffle - \$27.00 Winners - Guest David McBride and Gary Knudson! Dave Glomstad offered a small Norwegian music box which Lilly Jacobson won. Three cheers for her!

March birthday song was sung.

Dave Glomstad - Good of the order! If you are able to attend convention, please do. He will be doing his bike ride again in June, please make a pledge. Vesterheim is offering a wood carving course, if you are interested, please give Dave a call. May peace and harmony reign in our lodge.

Meeting adjourned at 6:45

46 members present.

Program - Climate Alliance, Janet Wollam and Tom Schlesinger

—Secretary, Kathy Anderson

Treasurer's Report:

Feb 29, 2024 checking balance	\$2416.43
(which includes \$84.91 for Dancers)	
Feb 29, 2024 scholarship balance	\$1240.00
Feb 29, 2024 savings balance	\$11,904.14
Feb 29, 2024 Wergeland has	\$15,560.57

District 5 2024 Convention: RACING TO THE FUTURE

Everyone is invited to the District 5 Convention to be held June 19-22, 2024, in Indianapolis, IN. Our lodge will send 4 delegates, covering a majority of their expenses. That said, anyone interested may register as an attendee. There are informational workshops, speakers, and displays with something for everyone. See https://sonsofnorway5.com/conventions/delegate_information.php for more info.

Convention Pins

Convention Pins, a fundraiser for the Indianapolis event, are available for \$5 each and will be available at the Wergeland meetings.



Til minner om...

...**Jarvis “Doc” Brudos**, who passed away on March 6, 2024 at the age of 98. Doc, a Golden Member of Wer-geland, worked as a milkman for many years, and, with his wife Jan, was active in a number of community activi-ties. Our thoughts are with his children and their families.

Kondolerer til...

...**Vivian Sacia** on the passing of her brother Sylvester “Syl” Marking of North Branch, MN. He was 90 years old and was a renowned agricultural writer and editor.

Tusen Takk...

...til **Adrian Johnson** for completing and submitting the year-end reports for the Sons of Norway Headquarters.

God Bedring...

...til **Shirley Lokstad Schoenfeld** as she recovers from shoulder surgery.

David Ellingson (below left) of Edmonds, Washington, pre-sented his documentary about kayaking the Norwegian Fjords at the Weber Center on Sunday, March 3.

He and three others (one of whom joined him on stage), kayaked parts of the Sogne and the Hardanger Fjords at

the mercy of the weather. This trip and others are recorded in his books in his Paddle Pilgrim series. Some familiar fac-es were in the audience.



Program for April: David Engen

David Engen will present on his experience a cast member on the Norwegian TV program “Alt Fra Norge,” which is a Norwegian reality television show. “The reality show fea-tures Norwegian Americans participating in challenges relating to Norwegian history and culture, competing to win a reunion with their distant Norwegian rela-tives.” (*Wikipedia*) David’s episodes were in Season 6 in 2015 and can be found on YouTube.

From March: Climate Alliance

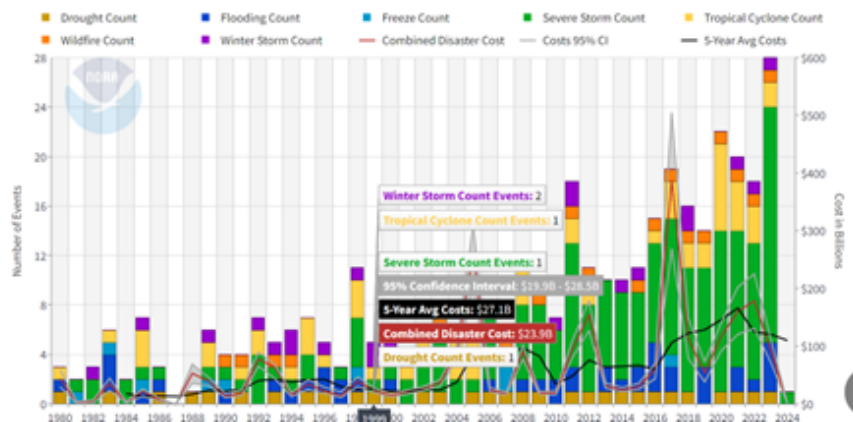
Janet Wollam and Tom Schlesinger from the Climate Alli-ance For the Common Good presented the efforts needed to work toward preserving our planet. Trends and projec-

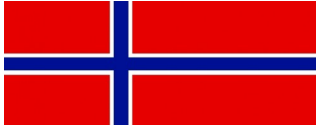


tions of both “bad news” and “good news” show that we all act to make a positive impact. Reduce, reuse, and re-cycle, install energy-efficient appliances, consider solar

energy, and compost-ing are just a few things that we can do.

Much can be learned at the website, ourcli-matealliance.org. The graphic below is better seen at <https://www.ncei.noaa.gov/access/billions/time-series>.





Dis og Dat



Sally Olson enjoyed two weeks in Florida visiting her sister in February.

Sofia Stutesman played her trombone in the last concert at Central High School. She played a solo with the choir. She continues her studies at Madison.

In April, **Tom and Ann Monson** are going to a wedding on the Island of Malta in the Mediterranean. They lived there for a year in 1980-1981.

The UWL Choral Union is presenting a concert at Viterbo College on Saturday, April 29 at 7:30. **Carla Burkhardt** sings with the chorale.

Dave Glomstad will be collecting pledges for his annual Bicycle Ride to benefit Wergeland Scholarships. He will collect IN ADVANCE of his ride, which he plans to complete his ride on June 22. He will ride 61 miles this year!

Carol and Joe Stekel had a most enjoyable afternoon on a recent Sunday driving up along the Mississippi to Winona and then hearing the Luren Singers from Decorah IA at the beautiful Central Lutheran Church.

The Luren Singers are the oldest Norwegian-American male chorus in continuous existence in the U.S. having started in 1868 by just 4 participants. The name Luren comes from a long wooden horn called the lur that originally was used up in the mountains in Norway to call the cows home. This was sponsored by the Winona Sons of Norway. David Judisch has been director since 1975. Our own **Lee Grippen** sings with them and sits just to the right of Dr. Judisch.

See p. 5 for another opportunity to see the Luren Singers!



Looking Back

Fem år siden (5 years ago) 2019

Marie and Frank Reyner shared their experiences visiting L'Anse aux Meadows, an archaeological site in Newfoundland, Canada. Discovered in 1961, it is the only site of a Norse or Viking settlement in North America around the year 1000. Marie is the aunt of Wergeland Lodge member, Carla Burkhardt.

The Fagerness 616 Lodge invited our lodge to see the Stoughton Norwegian Dancers at Blair High School.

Ti år siden (10 years ago) 2014

The program for the April meeting was "How to preserve our ancestors' gravestones" by Jarrod Roll.

The Norskedalen Award was presented to James H. Warner for his outstanding commitment and contributions to

Norskedalen.

Siv Ringdal spoke to Wergeland about the events and artisans who appeared at the Syttende Mai celebration in Westby. She also left the table banner as a gift from Hamar Lodge in Norway.

Femten år siden (15 years ago) 2009

One of Norway's best-known traditional music bands, KVARTS (Norwegian for "quartz"), presented a series of performances and workshops. Members of the group are recognized throughout Norway for their skills as instrumentalists, music educators, composers, and arrangers.

Member Marilyn Rudser's, mother Helen Kvigne Kleinsmith celebrated her Centennial birthday. Helen was born March 1, 1909 in Mt. Sterling,

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.

**History Alive Project
Presents**

Luren Singers
from Decorah, IA

Sunday
April 21, 2024
Westby, WI
3 p.m.

**Our Savior's Lutheran
Church**
306 South Main Street
Westby, WI

Doors open at
2 p.m.

Refreshments
Freewill offering




**Masse Moro: April 13 Camp Application priority date;
April 15 Scholarship Application deadline**

It's time to register for Masse Moro, the Norwegian Heritage Camp sponsored by District 5.

Camp Dates: Sunday, July 14 to Saturday July 27, 2024. Age Group: Open to 9- to 15-year-olds.

Invite a friend and encourage others to go to Masse Moro they do not have to be Sons of Norway member to attend!

Campers should complete and send their registration form, along with the \$100 registration fee by April 13, 2024. Tuition for 2024 is proposed to be \$1200 for the two weeks of camp.

Scholarships and matching grants are available, including the Sarah L. Paulsen Memorial Scholarship (deadline April 15), the District 5 Scholarship (\$250) and the Wer-geland match of the District 5 scholarship. [Sadly, this is the final year of the Sarah L. Paulsen Memorial Scholarship. The application is at sonsofnorway5.com/financial/youth_scholarships.php]

Local lodge supporting grant endorsement forms are due May 17, 2024. Visit the Masse Moro website:

www.massemoro.org or the District 5 website: www.sonsofnorway5.com for registration applications and supporting grant/scholarship applications, or contact Carla Burkhardt.

Barnebage on the Move

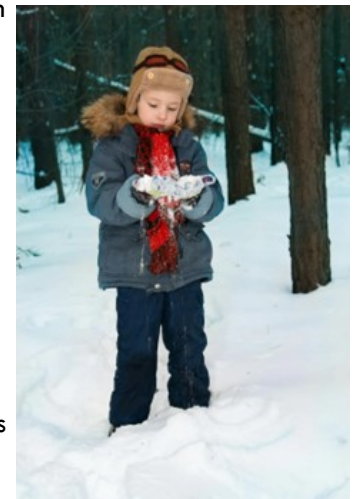
Pre-schoolers in Norway are some of the most hardy and adventurous kids around. Each weekday, kids in barnebage are prepared for anything the weather can throw their way.

Growing up in the rugged countryside and even in cities, kids experience friluftsliv at a young age, braving the elements wearing tiny safety vests with their care providers.

Around 400 Norwegian daycare centers go on daily adventure outings with their 11,000 charges. The hope, according to Kristin Oftedal of the Norwegian Trekking Association, is that they "learn skills and attitudes that they can carry with them for their whole lives."

"We believe outdoor children are happy children," she adds.

The aim is to teach children simple and nature-friendly ways to be outside together, play, experience, wonder, explore and learn about nature. Oftedal says that she hopes this practice will produce a new generation of nature lovers.



Counties Go Separate Ways

In 2017, Norway's Storting voted to combine several fylker, and 19 counties became 11 regions in January of 2020. This administrative reform attempted to strengthen each region and improve coordination between municipalities, regions and state.

According to the website LifeinNorway.net, several of these combined regions decided that the set-up was not working and have rolled back the mergers as of January 1, 2024. Now there are a total of 15 counties.



Photo Credit: KDD/KARTVERKET, www.regjeringen.no

Here is the current line-up of fylker:

Continuing as merged counties:

- ⇒ Agder
- ⇒ Vestlandet
- ⇒ Trøndelag
- ⇒ Innlandet

Splitting:

- ⇒ Troms og Finnmark are breaking up
- ⇒ Viken will revert to Buskerud, Akershus and Østfold counties
- ⇒ Vestfold og Telemark will also roll back the changes

Unaffected by both 2020 and 2024 changes:

- ⇒ Møre og Romsdal
- ⇒ Nordland
- ⇒ Oslo
- ⇒ Rogaland

Not everyone was in favor of the restructuring, including the police service, who will need more resources and officers to cover the increased number of counties.

The Ultimate Grilled Cheese

The September 2017 issue of *Viking* magazine was devoted to the Scandinavian lifestyle concept of *hygge*, which is all about creating intimacy, cozy togetherness and enjoying life's simple pleasures. One great way to achieve *hygge* is by indulging in comfort food. Try this recipe from Signe Johansen's book "How to Hygge."

The Ultimate Grilled Cheese

Serves 2

- 5 ounces Jarlsberg cheese, coarsely grated
- 1 ounce prosciutto, finely sliced
- ¼ cup toasted hazelnuts, coarsely crushed
- 1 small bunch of chives
- 1 small bunch of parsley
- A few sage leaves
- 1 banana shallot, finely chopped
- ½ tsp. mustard powder
- Worcestershire sauce and/or Tabasco sauce to taste
- Pinch of smoked paprika and/or cayenne pepper to taste
- 4 slices of sourdough bread
- 2 Tbsp. clarified butter

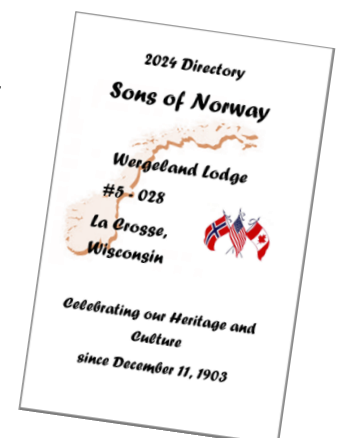


Photo by Keiko Oikawa

Place all the filling ingredients in a bowl and stir together until evenly mixed. You can either broil or fry the sandwiches. If you broil them, butter the outside of each slice of sourdough and divide the filling mixture equally between two base layers. Top with the other two slices of bread and then place them under a medium-hot broiler. Cook for 2-3 minutes on each side. If you fry the sandwiches, place the clarified butter in a medium-hot fry pan and cook for the same amount of time on each side. The bread should be golden brown and crisp on the outside. Serve while hot.

Membership Directories

Wergeland Membership Directories will be available at the next meeting. Officers and Committee Members will receive a complimentary copy and others may purchase a directory for \$5 at the lodge meeting.



A little in English...

Study Finds Song is a Universal Language

A new American study claims that we can recognize a lullaby, no matter what culture the song is from.

After testing people from over 60 countries, two researchers claim that songs and music are a universal language.

They think we can hear the difference between a song meant for dancing and one meant to put a small child to sleep. This applies regardless of which culture the songs come from, and which culture the listener was brought up in.

"We show that our common psyche creates basic patterns in songs that transcend large cultural differences," says Manvir Singh, doctoral fellow at Harvard University, in a press release.

He is one of the two researchers behind the music study, which has been published in the journal *Current Biology*.

Distinguishing Dance Songs from Lullabies

The Harvard researchers have done an experiment in which songs in different languages from all parts of the world were divided into categories based on how they were used in their own society. If the song was used for dancing in the community where it was sung, it belonged in the dance category. They also created separate categories for songs that were to be used in healing rituals, such as lullabies for a troubled child or pure love songs.

The researchers cut 14-second snippets from the songs and tasked 750 internet users with putting them into the correct category. Although there were only four real options, the subjects were given several to choose from. The researchers had entered two trick categories, which allowed the internet users to claim that the songs were mourning songs or just telling a story.

Despite the deception, the subjects did quite well. It was easiest to recognize dance music, but the subjects were also able to recognize lullabies and healing songs.



Litt på Norsk...

Mener sang er et universalspråk

En ny amerikansk studie hevder at vi kan kjenne igjen en vuggesang, uansett hvilken kultur sangen er fra.

Etter å ha testet mennesker fra over 60 land hevder to forskere at sang og musikk er et universalspråk.

De mener vi kan høre forskjellen på en sang som er ment til dans, og en som er ment til å få et lite barn til å sove. Det gjelder uansett hvilken kultur sangene kommer fra, og hvilken kultur lytteren er oppvokst i.

– Vi viser at vår felles psyke lager grunnleggende mønstre i sanger som overskrider store kulturelle forskjeller, sier Manvir Singh, doktorgradstipendiat ved Harvard University, i en pressemelding.

Han er en av de to forskerne bak musikkstudien, som er publisert i tidsskriftet *Current Biology*.

Klarte å skille dansesang fra vuggesang

Harvard-forskerne har gjort et eksperiment hvor sanger på forskjellige språk fra alle verdens deler ble delt inn i kategorier ut i fra hvordan

de ble brukt i sitt eget samfunn. Hvis sangen ble brukt til dans i samfunnet hvor den ble sunget, hørte den hjemme i dansekategorien. De lagde også egne kategorier for sanger som skulle brukes i helbredelsesritualer, som vuggesang for et urolig barn eller var rene kjærlighetssanger.

Forskerne klippet ut 14-sekunders smakebiter fra sangene, og ga 750 internettbrukere oppgaven om å legge dem inn i riktig kategori. Selv om det bare var fire virkelige alternativer, fikk forsøkspersonene flere å velge fra. Forskerne hadde lagt inn to lurekategorier, noe som gjorde det mulig for internettbrukerne å påstå at sangene var sørgeriesanger eller bare skulle fortelle en historie.

På tross av lureriet klarte forsøkspersonene seg ganske bra. Lettest var det å gjenkjenne dansemusikk, men forsøkspersonene klarte også å kjenne igjen vuggesanger og helbredende sanger.

Government surveyors came to Ole's Wisconsin farm last spring and asked if they could do some surveying. Ole agreed, and Lena even served them a nice meal at noontime. After their work was done, the surveyors told Ole, "You were so kind to us; we wanted to give you the bad news in person, instead of by letter." "What's the bad news?" asked Ole. "Well, your farm is right on the state line," the surveyors said, "and after our work was completed, we discovered your farm is not in Wisconsin. It's actually in Minnesota." "That's the best news I've had in a long time," said Ole. "I was just telling Lena this morning that I don't think I can take another winter in Wisconsin!"

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

APRIL 2024



OFFICERS TO CONTACT BETWEEN MEETINGS

President – David Hendrickson 608-386-0379
e-mail: djhph@hotmail.com

Vice President – Heather Jacobson 360-259-9935
e-mail: heatherjacobson27@gmail.com

Treasurer--

Membership Secretary - Carla Burkhardt 608-317-3262

e-mail: carla.burkhardt8696@gmail.com
*Send notices of deaths or address changes to the
Membership Secretary*

Secretary - Kathy Anderson 608-269-6193
e-mail: mkandersonfarm@yahoo.com

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