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Fra Presidenten



Hope everyone survived extremely low January temperatures and is ready for our February 6th meeting.

-Dave Hendrickson

BARNEBIRKIE Cookies and Volunteering

If you are contributing, please **BRING cookies to the Feb 6 meeting.**

Carla Burkhardt will be volunteering at the Barnebirkie in Hayward, WI, February 20. If you would like to send cookies along, please get them to Carla in a container that does not need to be returned.



Our District 5 has a goal of 900 dozen cookies (!), but a monetary donation is also welcome.

Remember, please avoid using nuts and/or peanut butter. Thank you!!

Wergeland Kalender

- ◆ Feb 6—6:00 Wergeland Lodge Mtg Radisson Center located on the corner of 2nd & Jay St
- ◆ Feb 11—5:30 Board Meeting at Perkins in Onalaska—ALL are welcome!
- ◆ Feb 17—Deadline for Budstikken articles
- ◆ Feb 27—Budstikken mailed to members
- ◆ Mar 6—6:00 Wergeland Lodge Mtg Radisson Center located on the corner of 2nd & Jay St

Koselig Helg

Giants of the Earth Heritage Center in Spring Grove, MN, is planning an adult Norwegian daycamp entitled "Koselig Helg" on Saturday, March 15th.



Plans are still being finalized, but will include a day of Norwegian language and culture. The price is \$175 (\$150 for Giants of the Earth members).

Watch the Giants website at <https://giantsoftheearth.org/#> for the details as they unfold, and you are able to preregister at that link as well. It would be nice to have a number of our lodge attend!



PROGRAM FOR FEBRUARY

The Gold Rush

LUNCH PROVIDERS FOR THE FEBRUARY 6 MEETING

- Sandwiches:** Carla Burkhardt, Pam Knudtson, Carol Stekel, _____
Cake or bars: Carolyn Sorenson, Dee Johnson, Doris Henderson, _____
Pickles: Gary Knudtson (dill), Diana Hobson (sweet)
Fruit or vegetable tray: _____



Members are asked to donate \$3-5



Februar Birthdays

- 5 Monte J Hanson
- 8 Ronald A Nowland
- 13 Lorraine J Glanzer
- 14 Barbara Christianson
- 14 Willow Stokke Howe
- 15 Kennedy Lane Larson
- 15 Theadora Ranis
- 15 Marilyn J Rudser
- 16 Justin H Sanders
- 23 Darlene S Banks
- 25 Jill A Nelson
- 26 Jamie Maxwell-Basye

The **audit committee, Karen Brodhead and Adrian Hagen**, examined the 2024 financial records of our Branch on January 23, 2025 and found them to be accurate and in good order. We commend Treasurer **Adrian Johnson** and assistant **Kathi Beane** for their good and faithful work.

-Adrian Hagen,
2nd year auditor

Program for March

Finn Brobakken: Little Known Places to Visit in Norway

Sekretær Notater...

President David calls meeting to order at 6:35.

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

The minutes of the last meeting were printed in the Budstikken and approved as printed.

The treasurer's report was read and approved as read.

Installation of Officers!

- Support Directors
- Program Directors
- Executive Officers

Raffle - \$37.00 Winners - Bev Ranis & Royce Curtis

Adrian read a letter from the SON Foundation Fund - we have contributed \$313.85. We were congratulated.

Carla - Sports director - Dave Glomstad has earned the top medal for Cycling - WOW! Congrats Dave.

Cultural Committee needs ideas for programs, talk to Lynn Curtis if have any ideas or questions.

Note: Dregne's is Westby will be closing, Oct. 1. The building is sold, all contents will go on sale March 1 and must be gone by Oct. 1.

Dave Glomstad - May peace and harmony reign in our lodge.

Meeting adjourned at 7:10

Member present - 34

Program - Helge Vestnes - SON Insurance information

Secretary, Kathy Anderson

Treasurer's Report:

Dec 31, 2024 checking balance (which includes \$84.91 for Dancers)	\$946.59
Dec 31, 2024 scholarship balance	\$462.00
Dec 31, 2024 savings balance	\$10,072.42
Dec 31, 2024 Wergeland has	\$11,481.01

Parking Information

Currently, ramp parking is \$1 per hour, Monday through Friday from the hours of 6am-6pm. This will change to \$1 per hour around the clock in April (an exact date has not yet been publicized).

Know that the Radisson Hotel allows us to park in their lot, although it is a bit of a walk from our Radisson Center. If you choose to park at the Hotel, pick up a piece of paper with the exit code from Adrian.

God bedring til...

...**Shirley Lokstad Schoenfeld** as she awaits being healthy enough to return home. She continues to receive specialized care at the Benedictine Villa, 2902 East Ave S, La Crosse (Room #205). Her phone number is 608-790-0489 and she welcomes visitors!

Kondolerer til...

...**Ilene Pavelko** on the passing of her sister, Jendean Olson. They grew up in rural Decorah, attending Washington Prairie Church. Jendean taught music and served as an organist in Door County for many years.

Installation of Officers



Support Directors: Kathi Beane, Dan Rogne, Mark Dregne, Gary Knudtson, Arlen Henderson, Karan Mathison, Carla Burkhardt



Program Directors: Linda Sherwood, Dave Glomstad, Lynn Curtis, Mark Quade, Carla Burkhardt

Below, **Executive Officers:** Carla Burkhardt, Kathy Anderson, Kathi Beane, Dave Hendrickson, Adrian Johnson. **Installation officers,** Karen Broadhead and Pam Knudtson present President Hendrickson



Program for February: The Gold Rush

The Gold Rush, How Norway's Gold Reserves were saved from the Nazis will be presented by Dave Amdahl, Decorah, Iowa. He will share the history of how the gold was hidden during the Nazi occupation.

Dave is a retired businessman, and Vesterheim volunteer at Vesterheim. From the April 2024 Decorah News: "David Amdahl is the son of a Norwegian immigrant. His father, Olaf, came from the Stavanger area to North Central Iowa in 1927. He and his wife Jill are also the parents of an emigrant as their daughter, Staci, moved to Trondheim, Norway, in 2008 and lives there with her Norwegian husband and family. David spent most of his working life in the farm equipment industry, the last fifteen at Northeast Iowa Community College teaching Agricultural Equipment Technology. Since retirement in 2005 he has spent time volunteering as a guide at Vesterheim as well as visiting family and grandchildren in Norway. His last visit to Norway was his seventeenth."

We look forward to Dave's educational presentation.

From January's meeting:

Luckily, our meeting was held before the bitter cold snap, so we had a successful **Officer Installation**. We also had an informative update from our Financial Products Counselor, **Helge Vestnes**. Below is the handout from his discussion; please contact him for more information!

Sons of Norway

Helge Vestnes

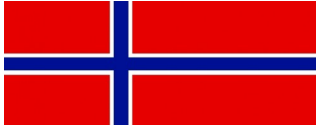
For more information Call **715 878-9646**
 Or Cell Ph. **715 797-6414**
 E-mail hevestnes@gmail.com

FPDA 4.25%+1.00% First year=\$5.25%
 Guaranteed minimum interest rate is 2.85%
 Sons of Norway FPDA \$100,000 @ 5.25% = \$5,250

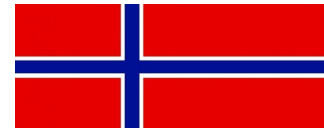
MYGA-Multy Year Guaranty Annuity
 3&5 Year 4.25%
 7 Year 4.35%

Bonus Annuity 4.00%
 + 4% \$10,000, 6% \$50,000
 7% \$100,000, 8% \$250,000

Rates are as of Jan. 1, 2025 and subject to change
 Sons of Norway Annuity's has **No** up front fee or annual charges, 100% of deposits goes to work for you.



Dis og Dat



The Art of the Needle is a beautiful and impressive display of embroidery (including some Hardanger pieces) that can be viewed through Feb 27 in the lobby of the Heider Center, West Salem. **Ilene Pavelko** (shown with one of her pieces, a Stavkirke) is the chair of the outreach committee for the Coulee Country Chapter of Embroiderers Guild of America.



The display runs through Feb 28 and is accessible Monday and Thursday from 1:30 pm – 4:00 pm, everyday 1:30 –

4:00 pm the week before a show, and during Heider Center performances. You can enter the gallery through the District Office on East Hamlin Street.

DREGNE'S

Dregne's in Westby to close

Sadly, Dregne's Scandinavian Gifts in Westby will be closing at the end of September due to the retirement of the owners Jana and Dave Dregne, who purchased the building and business in 1975. The inventory will be sold off starting in March through closing at the end of September.

District 5 Information Event - all SON members welcome to join the Zoom

Saturday, February 15, 2025, 9:00 am CST. The latest information and updates from the home office, the District 5 Board of Directors, and our local lodges will be shared. In addition, our district leaders and membership have asked for the latest news from the home office, including the SofN Foundation. This activity will be held via Zoom from the comfort of your home; we look forward to seeing you! As the agenda finalizes, it will also be shared via the FFFNews. Stay tuned! Tusen takk, Cheryl Wille-Schlesser President, D5 608-219-4464 (Please leave a voice message.) cwschlesser200bc@gmail.com.

Looking Back

Fem år siden (5 years ago) 2020

The February program featured an introduction to a Norwegian board game called "Om Meg", which translates to "About Me". District 5 treasurer Mike Palecek created this game, it included fun facts about Norway.

Norway consolidated its map from 19 counties to 11 counties.

Ti år siden (10 years ago) 2015

Finn Brobakken presented February's program on, "My Story". He is from Snertingdal, Norway (2.5 hours north of Oslo). His parents and grandmothers talked about America - Wisconsin, Minnesota and Canada. SON members Karen Kesselring, Jan Brudos, and Joan Everson are all cousins to Finn's father.

Norskedalen hosted its annual candlelight snowshoe event. Members hiked the trail systems, which was lit by candlelight.

Femten år siden (15 years ago) 2010

Knut Haugland, the last surviving member of the six-man crew that sailed on the Kon-Tiki expedition in 1947, and a leader of the Norwegian resistance who helped carry out one of the most daring acts of sabotage of World War II, died in Oslo. He was 92.

Three Wergeland members exhibited their artwork at Gallery La Crosse: Jensine Wing, Vicki Christopherson, and Ann Gronbeck- Peterson.

Ray Nereng celebrated his 98th birthday on January 7.

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.

Lilly's list of WINTER WATCHING IDEAS January 2025

It's a great time of year to curl up with a cozy quilt and catch up on some Norwegian-themed viewing (with a bit of other Scandinavian and genealogy sprinkled in). This is by no means an exhaustive list of what's out there, but here are a few titles we have found so far on the PBS Passport App and the Amazon Prime Video App. Get yourself some coffee or hot chocolate and lefse and settle in to have cultural experiences on screen from the warm comforts of home. Note: some of the offerings of Amazon Prime App require additional rental or purchase, while other are included in the app for free.

—Happy Viewing! Love, Heather & Lilly Jacobson

PBS Passport App [PBS Passport is a member benefit from participating PBS stations that gives eligible donors and supporters extended access to an on-demand library of quality public television programming online. PBS website = <https://www.pbs.org/>; PBS Passport information can be found at <https://help.pbs.org/support/home/>]

Once you are at the PBS or PBS Passport site, do a search for the titles below. This is just a portion of the titles Lilly found. Future Budstikkens will continue the series!



New Scandinavian Cooking (Seasons 1-10 (2003-2013). Andreas Viestad travels to scenic locations in Norway to create modern recipes with traditional Norwegian ingredients.

Atlantic Crossing (2020) Masterpiece series about the relationship between Franklin Roosevelt and Norwegian Crown Princess Martha during WWII.

Wine First: Hardanger (Season 1 Episode 105) Liora and Yolanda visit Hardanger in Norway to explore hard cider, the wine of the north.

People of the North (Season 1). New series takes us to spectacular settings around Norway and the Faro Islands.

Curious Traveler: Curious Northern Norway (Season 5 Episode 12) Christine goes north of the Arctic Circle to explore Trømsø, Norkapp, & Kirkenes, Norway.

Curious Traveler: Curious Lofoten, Norway (Season 5 Episode 510) Viking Museum, Lofoten villages & Islands history of Norway's painted houses and stockfish.

Rick Steves' Europe:

Stockholm (Season 6 Episode 8 and 609)

Norway's West: Fjords, Mountains, and Bergen (Season 6 Episode 7 and 608)

Oslo (Season 6 Episode 6)

Footloose in Norway (2022) Two UK filmmakers travel around Norway including visits to Oslo, Folk Museum, scenic rail journeys, a fjord cruise to Bergen, and more.

Footloose in Norway – Arctic Voyage Two UK filmmakers voyage to the Arctic Circle and stop at 34 ports on the Amazing coastline of Norway.

The Norwegian Fjords – Life in the Twilights (2018) In the fjords of Norway, slow motion and time-lapse photography reveal extraordinary diversity of life and behaviors rarely seen.

Salt & Earth – The Viking Route #1 (2019), **Skargard – The Viking Route #2** (2019), **Water is Wide – The Viking Route #3** (2020) This is a 3-part series made by Claus Aktoprak traveling Viking routes in a sailboat so the viewer can experience views similar to what the Vikings saw.

Epic Warrior Women: Vikings (2020) Archeological findings in a 1,000-year-old grave in Sweden have revealed evidence of female Viking warriors.

Vikings: Journey to New Worlds (2004) Vikings were warriors, slavers, traders, explorers, farmers, settlers, poets, loyal family members, and skilled craftsmen.

The Last Journey of the Vikings (2020) Vikings travel to, and build in, France and end up in a power struggle for the throne of England in 1066.

Lost Viking Army (1974 PBS Documentary) Bioarcheologists investigate a ninth-century mass grave in a rural English village to find out if it is the "Great Heathen Army" of Vikings.

Richard Bang's Adventures with Purpose: Norway: Quest for the Viking Spirit Travel the length of Norway in search of the Viking spirit and its influence.

Secrets of the Viking Stone (2021, 12 episodes) Actor Peter Stormare's personal and often humorous journey through Minnesota to learn the truth about the Kensington Runestone, a disputed proof that Vikings discovered America, through meetings with scholars, skeptics, and sensationalists.

Viking Saga (1998, 2 Episodes) This 2-part series uses archeological research to show the enormous distances Vikings traveled, including discovering North America 500 years before Columbus

The Viking Sagas (2011) Centuries ago, Icelandic Vikings chronicles their sagas, invaluable historical narratives unveiling Viking civilization.

Leadership Update with CEO and Chair of the International Board of Directors

On January 21, the Sons of Norway leadership hosted a Zoom meeting with updates and reports from the various areas of the larger organization. Over 200 Sons of Norway members across the country participated.

Some notes of interest from the meeting:

- Your profile landing page at the **SOFN.COM** website have been updated. Once you log into the website, click on the word “**profile**” at the top of the page. The resulting page displays tiles giving you access to your Membership materials, Insurance details, and access to additional reports if you are a lodge leader.
- Crossings – 200th Anniversary of Norwegian Migration** will be front and center in 2025. More information is at the “blog” heading at SOFN.COM. From there, you can access 200th Anniversary programs and information through the larger collaborative effort: <https://Crossings.norwegianamerican.com>. Check it out frequently in the coming weeks and months for new items.
- A short presentation on “The Magic Word ‘Please’” in Norway was given which will be available for lodges to use in the future, as well as an Insurance information video.

Dave Glomstad has an impressive collection of Sport Medals, and shared his method for preserving and displaying his cycling medals!

His most recent medal was the Idrettshelt Medal for sykkelmerke (cycling). Idrettshelt, the sports hero pin, is the 5th level with in any sports medal category. Members must have completed the bronze, silver, gold and enamel pins in a sport category prior to starting on the Idrettshelt. The miles/effort required is equal to double the amount required for the enamel pin.



Congratulations, Dave, on your active lifestyle!

Sons of Norway Membership Benefits you should try!

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

Benefit Highlight #10 - Norwegian for Reading Comprehension

Learning Norwegian is never easy, however, especially for adult learners who may not have access to university extension programs. Even those who are lucky enough to study in a classroom often find that their instruction in modern standard Norwegian is not always useful for understanding older documents or texts written in the minority language form.

SON members can log into [sofn.com](https://members.sofn.com) and access a great language resource. Go to the highlight link below (or type in the URL shown).

[Language Lessons](https://members.sofn.com/members/showPage.jsp?document=norwegianforgenealogists/toc.html&_ga=2.236025027.337902980.1725536136-382800131.1674420980) https://members.sofn.com/members/showPage.jsp?document=norwegianforgenealogists/toc.html&_ga=2.236025027.337902980.1725536136-382800131.1674420980

At that page, you see the following:

- Background and introductory information
- Nouns, verbs, adjectives, etc
- Exercises
- Word formation

Here is a small sample from Unit 9, Numbers and Measurements:

Like most of the rest of the world, modern Norway uses the metric system to measure area, distance, weight and volume. An overview of the modern words and abbreviations follows. The table also gives an equivalent in the British (American) system.

gram (g) 1 g = .35 oz
 kilogram (kg) 1 kg = 2.12 pounds
 meter (m) 1 m = 3.3 feet
 kilometer (km) 1 km = .62 miles

In older documents, especially bygdebøker, it is very likely that you will encounter older units of measurement. Many of these do not have exact English equivalents, but in the table below we have included modern approximations.

alen	about 2 feet; length from a man's elbow to the farthest fingertip; about 0.6275 m
daler, dalar	Nor. banknote or coin, approximately 1 dollar
fot	approximately 1 foot
hektar	hectare, 10,000 m ²
hud (ei)	lit. “skin, hide”; an archaic unit of value used in property tax assessments (4 goat-skins = 1 cow hide)

A little in English...

When the Rebels Wore Bunads

A hundred years ago, you could be spat on for walking around town wearing a bunad. Back then, a bunad meant rebellion against the elite and Swedish power.

This is according to Anne Kristin Moe, cultural historian and conservator at the Norwegian Folk Museum.

In collaboration with author and publisher Laila Durán, she recently published the book *Embroidered Bunads: One Hundred Years of Norwegian Bunad History*.

Spat On

At the end of the 1880s, girls at Norwegian folk high schools began wearing village clothing as a symbol of Norwegian identity. It was a way to rebel.

The reactions were strong. In the cities, the girls were spat on, says Moe.

Hulda Garborg was a radical and ardent champion of all things Norwegian. She traveled around the country, teaching Norwegian folk dance. During her travels, she gained a lot of knowledge about Norwegian folk costumes. These were both everyday clothes and special occasion clothes, which were unique to people in a certain geographical area.

Garborg was the trendsetter of her day. Now even the city folk began to take an interest in how to make costumes inspired by the village clothes, says Moe.

Locally Crafted Clothing

Hulda Garborg thought that bunads should be a Norwegian alternative to the fashionable dresses from Paris and Rome, which had now become common in Norway. The fabrics were to be wool, and they were to be woven in Norway. The colors were to be made from Norwegian plants.

For Garborg, it was important that most people could make the bunads themselves.

They wove the fabrics themselves, dyed the yarn and usually sewed the costume themselves. It took a long time, but it was manageable financially.

After the war, a new bunad ideology emerged. Then it became very important that the bunad be historically correct and linked to local traditions.

Most often, the old folk costume in the area was the most important piece of inspiration for new bunads. Where the folk costume could not be used, other things were collected, such as spoons, ladles, and cupboards with rosemaling, or embroideries from sleigh cushions.

Litt på Norsk...

Før gikk rebellene i bunad

For hundre år siden kunne du bli spyttet på om du gikk med bunad i byen. Den gang betydde bunad opprør mot eliten og svenskemakten.

Det forteller Anne Kristin Moe, kulturhistoriker og konservator ved Norsk Folkemuseum.

I samarbeid med forfatter og forlegger Laila Durán har hun nylig utgitt boka *Broderte bunader: hundre år med norsk bunadshistorie*.

Spyttet på

På slutten av 1880-tallet begynte jenter på norske folkehøgskoler å bruke bygdeklær som symbol på norsk identitet. Det var en måte å gjøre opprør på. Reaksjonene var sterke. I byene ble jentene spyttet på, forteller Moe.

Hulda Garborg var en radikal og ivrig forkjemper for det norske. Hun reiste land og strand rundt for å lære bort norsk folkedans. På reisene fikk hun mye kunnskap om norske folkeklær. Dette var både hverdagsklær og høytidsklær, som var særegne for folk i et bestemt geografisk område.

Garborg var datidens trendsetter. Nå begynte til og med byfolket å interessere seg for hvordan man kunne lage drakter inspirert av bygdeklærne, forteller Moe.

Kortreiste kjoler

Hulda Garborg var opptatt av at bunadene skulle være et norsk alternativ til motekjolene fra Paris og Roma, som nå var blitt vanlige i Norge.

Stoffene skulle være ull, og de skulle være vevd her i Norge. Fargene skulle være lagd av norske planter. For Garborg var det viktig at folk flest kunne lage bunadene selv.

De vevde stoffene selv, farget garnet selv og sydde vanligvis drakten selv. Det tok lang tid, men det var overkommelig økonomisk.

Etter krigen vokste det fram en ny bunadsideologi. Nå ble det svært viktig at bunaden var historisk korrekt og knyttet til lokale tradisjoner.

Som oftest var den gamle folkeklær i området den viktigste inspirasjonen for nye bunader. Der folkeklær ikke kunne brukes, samlet man inn andre ting, som skjær, øser og skap med rosemaling, eller broderier fra sledeputer.

Excerpted from: <https://www.forskning.no/historie-kulturhistorie-kulturpolitikk/for-gikk-rebellene-i-bunad/561690>

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FEBRUARY 2025



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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

E-mail Address: info@norskedalen.org