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Wergeland Kalender

- ◆ Nov 3—6:00
Wergeland Lodge Meeting, Radisson Center, 300 Front St. S.
- ◆ Nov 8—5:30 Board Meeting at Perkins
- ◆ Nov 14—Deadline for Budstikken articles
- ◆ Nov 23—Budstikken mailed to members
- ◆ Dec 1—5:00 Holiday Banquet at Cedar Creek in Onalaska

LAST CALL for 2023 Norway calendars!

They will be available for sale at our November meeting but not at the December Heritage Dinner.

Fra Presidenten



November brings us to start thinking about our annual national holiday, Thanksgiving. We celebrate the harvest and other blessings of the past year. We look forward to spending time with friends and family to give thanks for another year.

At Wergeland Lodge, the above statement is true, but as your President, I help prepare for the Heritage Dinner that we gather to enjoy every year.

This December 1, we will meet at Cedar Creek in Onalaska. Tickets can be purchased at the November meeting. The price is \$22.00 for a sit down, beef roast dinner with all the trimmings.

Ticket reservations can also be made by calling Dee Johnson 608-385-8377. Reservations need to be made by November 23.

Make plans now to enjoy this special time together, to prepare for the Christmas season.
Ramona 608-788-7507

Treasurer's Report:

Sep 30, 2022 checking balance*	\$3,394.78
(which includes \$159.91 for Dancers)	
Sep 30, 2022 scholarship balance	\$1,449.50
Sep 30, 2022 savings balance	\$15,535.97
Sep 30, 2022 Wergeland has	\$20,380.25
*Balance includes \$1000 grant received for Trolls.	



December 1 will be our December Heritage Dinner at Cedar Creek in Onalaska! Purchase your tickets at the November meeting for \$22.00 each. Social Hour begins at 5:00 and the Dinner will be at 6:00 followed by the program.



PROGRAM FOR NOVEMBER

1918 Armistice Day Blizzard with John Steffes

Lunch providers for October 6 meeting

Sandwiches (2½ dozen): Linda Sherwood, Evonne Kundert, Vivian Sacia, Carolyn Sorenson

Cakes or bars (18 pcs): Ilene Pavelko, Carla Burkhardt, Dee Johnson, Doris Henderson

Pickles (1 jar ea.): Karan Mathison (sweet), ___ (dill) **Cheese Tray:** Ann Munson

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



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
- 11 Laura A Gonia
- 13 Ilene Harriet Pavelko
- 13 Shirley Lokstad 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
- 21 Cecilia M Berg
- 21 De Andre J Casey
- 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

At Ole's job interview, they asked, "Do you lie, steal, or cheat?" "No," Ole replied. "But I'm willing to learn!"

Program for December

Heritage Dinner at Cedar Creek

Sekretær Notater...

Wergeland Lodge Meeting, October 6, 2022

Ramona brings meeting to order at 6:37.

Three special guests from Norway were greeted, former guests of Lee Grippen.

National Anthem & Fedrelandssang, song of Norway, was sung. Charter draped in memory of Howard Johnsrud and Richard Granum. A moment of silence was observed.

Secretary's report was printed in the Budstikken, no corrections or additions, minutes filed. October is Foundation month - the funds support Sons of Norway Scholarships and activities.

Carla awarded the following medals: - Dave Glomstad received Bronze, Silver, Gold, and Enamel medals as well as the Idrettshelt Award for "living an active lifestyle." Carol Pestal earned the Bronze and Silver Idrettsmerke and Kathi Bean earned the Bronze Idrettsmerke. The Idrettsmerke is an award that covers a variety of activities such as walking or swimming.

Marilyn Rudser - Packets of cards on the table for vets, 25 ea. please write on them and return next month.

Song - 106 "Paul on the Hillside" was sung in English and Norwegian. Raffle - \$27.00 - Winners - Kathy Anderson - Dick Marking

Dave Glomstad - Good of the Order - May Peace and harmony reign in our lodge.

Tom Monson - Aleta Chosseck wrote a book about Tom's grandmother - "Kristine, Finding Home: Norway to America." Book signing at Vesterheim

Motion to adjourn at 7:05

43 members present

Program - Brian & Karen Rude - Their Reign as Okoberfest Festmaster in 2017.

Secretary, Kathy Anderson

Notice to Wergeland Members

Please note this change of policy: Send notice of death to Assistant Secretary, Carol Pestel. Phone #608-386-4274.

Send notice of change of address to Membership Secretary, Kathi Beane, Phone #608-783-3037. Thank you for helping us.

Bell Ringing for Salvation Army

The following Wergeland members have signed up to ring bells for the Salvation Army. There is one slot open, and perhaps Evonne would like a companion for her shift!! Let Carla know, 608-317-3262.

Tuesday, November 15, Festival Foods Onalaska

2:00-4:00 Dee & Fred Johnson

4:00-6:00 _____

6:00-8:00 Shirley Schoenfeld & Carla Burkhardt

Monday, December 6, Walgreens on Mormon Coulee

12:00-2:00 Evonne Kundert

2:00-4:00 Karen Broadhead & Bev Ranis

4:00-6:00 Adrian & Ramona Johnson



Til minner om...

...**Howard Johnsrud**. Dave Glomstad shared that Howard really enjoyed coming to our Sons of Norway meetings for the last few years.

...**Corinne Abegglen**, who passed away September 13, 2022. She grew up in Coon Valley and lived in La Crosse most of her years. Our thoughts are with her friends and family.

Kondolerer til...

...friends and family of Gale Kreibich. Although he was not a member of Sons of Norway, he was active in the sister city relationship with Førde, Norway. Gale passed away September 21, 2022.

Lise Furuseth, Nicolai, and Amanda attended our October meeting as well as assisted at the District 5 Heritage Weekend. Their visit was a surprise to Lee, Lise's host-father from her exchange in 1991. The family lives in Jessheim, Norway, and spent a semester in Spring Grove in 2018.

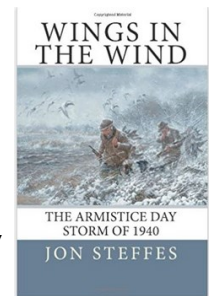


From the October Program: Brian and Karen Rude gave a great presentation about not only their 2017 experience as Festmaster und Frau, but also a look at the history of Oktoberfest and a glimpse behind the scenes of the Festival and its Royalty.



November Program:

Wings in the Wind, The Armistice Day Storm of 1940 follows author Joh Steffes' father through one of the deadliest storms ever to hit the Midwest. In *Wings in the Wind*, the blizzard saw a 50 degree drop in temperature and nearly two feet of snow in the Mississippi River bottoms, catching duck hunters off guard. Bob Steffes fights to survive during the storm, while pilot Max Conrad flies in his piper cub aircraft in search of survivors. The Armistice Day Blizzard of 1940 claimed the lives of 150 people in Minnesota, 36 of which were duck hunters. The storm forever changed how we forecast the weather in the Midwest.



From the October Program: Brian and Karen Rude gave a great presentation about not only their 2017 experience as Festmaster und Frau, but also a look at the history of Oktoberfest and a glimpse behind the scenes of the Festival and its Royalty.

From Mary Cary:

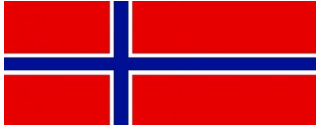
Though the film reviewed in the June issue of the Budstikken ["Den største forbrytelsen" ("Betrayed")] showed a side of history that did exist in Nazi-occupied Norway, I learned of a different side when I visited Norway on an exchange program when I was in my teens (1971).

As I came into the Valdres valley – a place in Oppland – I saw a huge Norwegian flag painted on the side of a cliff. It was explained to me that local citizens had painted it there at great risk to themselves during the Occupation. These folks had 1) stolen some paint, 2) gone out after curfew, and 3) found a way to display a Norwegian flag. All of these things were considered criminal offenses by the Nazis. For one thing, only Nazis were officially allowed to display the flag in occupied Norway so this was an act of bravery that still can be honored yet today.

Also, I learned of other heroism by listening to a story told by my "host father." He had been in the Special Forces during WWII. This meant he was part of the Norwegian Underground. His job was to travel by cross-county skis to the Swedish border and pass along reconnaissance information to the Allies, helping to win the war.

I still get all "starry-eyed" when I think of these things. Learning by really being in Norway and getting to know individual Norwegians can be a life-changing experience. It was an honor to write down these stories. I hope they are a part of history that's never lost.

Thank you, Mary, for sharing these stories of the brave souls in Occupied Norway.



Dis og Dat



Cards for Veterans

Marilyn gave out stacks of cards (25 in each stack) for people to write notes to veterans. She will be sending a batch of 500 (!) to the Veterans Retirement Home in King, WI, and has other locations for the remaining cards. Do not seal the envelope; just tuck the flap. Bring your completed cards to the November meeting.

Here is the message to write in the card:

Dear American Hero,

We want to thank you for protecting the freedoms we enjoy. Your time and service for our country is appreciated.

Merry Christmas from ___ (first names)

Halloween festivities at Norskedalen!

If you see this in time, the Norskedalen Ghoulees in the Coulees is this weekend. Advance tickets required: <https://norskedalen.ludus.com/index.php>

- Family Friendly Trick-or-Treat is Thurs, Oct 27 (5:30 - 7:30 pm) (\$7)
- (Scarier) Vintage Ghoulees is Friday, Oct 28 (5:30 - 9:00 pm) (\$12)
- Ghosts & Toasts - craft beers & wines (including SON member **Diana Hobson's DNA wine**) with haunted trail hikes (5:30 - 9:00 pm) (\$35) (21 or older)



Looking Back

Fem år siden (5 years ago) 2017

The program for the November Sons of Norway meeting was presented by Frieda and Naomi Nowland. A Norwegian tradition that began with a 25 year-old immigrant from Norway in 1883 continues today. Members learned about traditional kubbestol carving in the first two generations and how it continues today into the 4th and 5th generations.

Don and Laurine Woxland, Wegeland members, celebrated their 75th wedding anniversary on October 4th. They just got back from a trip with their daughter to Norway and other European countries.

Ti år siden (10 years ago) 2012

The silent auction held at the October meeting was a successful fund raiser for the Wergeland Scholarship Fund. The proceeds totaled \$740.

Mable Klimpen, a golden member will be 104 November 4. There will be a birthday party for her this Sunday at the Onalaska Care Center from 1:30-3:30.

Jean Davis presented the fourth award for biking to David Glomstad. He has biked more than 1265 miles this summer.

Arlan and Doris Henderson presented a program about their travels in Norway.

Femten år siden (15 years ago) 2007

Bing expressed thanks for members representing Wergeland Lodge at Ethnic Night at Onalaska's Middle School and those who prepared Norwegian treats for the evening.

Congratulations to Bud Hendrickson who was featured in an article by Larry Olson in the October 6 La Crosse Tribune. Bud was acknowledged for his work in maintaining the nature trail named in his honor in 2005, and for his promotion of appreciation of nature.

Ron and Frieda Nowland recently returned from a two week trip by train, boat, and bus to the Canadian Rockies celebrating Ron's retirement.

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.

Below are the nominations for 2023 officers and directors. As always, please help find us a VP (aka President-Elect) as well as other openings!

President: Ramona Johnson
 Vice president: _____
 Counselor: Dave Glomstad
 Secretary: Kathy Anderson
 Assistant Secretary: Carol Pestel
 Volunteer coordinator: Adrian Johnson
 Membership Secretary: Kathi Beane
 Treasurer: Adrian Johnson
 Assistant Treasurer: Kathi Beane
 Social Director Chair: Linda Sherwood
 Social Comm. special meals: Dee Johnson
 Social Comm. special meals: Elsie Olson
 Social Comm. Jan-Apr: Darlene Erickson
 Social Comm. Jan-Apr: Pam Knudtson
 Social Comm. Aug-Nov: Ann Sprain
 Social Comm. Aug-Nov: Lynn Curtis
 Co-Foundation director: Ilene Pavelko
 Co-Foundation director: Karen Saegrove
 Sports Director: Carla Burkhardt
 Cultural Program: Dave Glomstad
 Cultural Program: Lee Grippen
 Cultural Program: Mark Quade
 Co-Musician: Karan Mathison
 Co-Musician: Ramona Johnson
 Historian: Marlene McCabe
 Greeter and Raffle Sales: Kathi Beane
 Greeter: Lee Grippen
 Greeter: Ron Nowland
 Raffle Chairperson: Adrian Johnson

Lead Marshall: Richard Marking
 Marshall: Arlen Henderson
 Marshall: Gary Knudtson
 Marshall: Mark Dregne
 Auditor 1st year: Jean Davis
 Auditor 2nd year: Sharon Smith
 Auditor 3rd year: Mark Dregne
 Trustee 1st year: Beverly Nelson
 Trustee 2nd year: Adrian Hagen
 Budstikken Editor: Carla Burkhardt
 Picture Editor: _____
 Webmaster: _____
 Librarian: Pam Knudtson
 Stamps Chairperson: Marilyn Rudser
 Goodwill-Fliptops Vivian Sacia
 Wergeland Dancers Chair Sandra Kawatski

Annual Duties:

Community Theatre usher chair: Kathi Beane
 Salvation Army Bell Ringing Chair: Carla Burkhardt
 Scholarship committee: Carla Burkhardt
 Scholarship committee: Laura Ira
 Scholarship committee: Kathi Beane
 Installing Officer 2023: David Glomstad
 Installing Marshall 2023: Karen Broadhead
 Installing Marshall 2023: Pam Knudtson
 Nominating Committee 2023: Ramona Johnson
 Nominating Committee 2023: Wayne Jacobson
 Nominating Committee 2023: Karen Broadhead
 Nominating Committee 2023: Heather Jacobson

Happy Father's Day! Wait...What?

No, you didn't enter a time warp. We're talking about Norwegian Father's Day! It's celebrated every year on the second Sunday in November.

Originally in the 1930's, Norway celebrated in June like the United States. However, in 1949, the government changed the date to early November. This was done purely for economic reasons: it boosted sagging sales in shops in the runup to the Christmas shopping season. Other neighboring countries followed suit. Estonia, Finland, Iceland, and Sweden also celebrate their fathers on the same day.

So how can you celebrate your father, Norwegian-style? With gifts, of course! Common presents in Norway include hand-knitted items, coffee mugs, socks, ties, and gloves. Traditionally gifts are not extravagant, but rather are subtle tributes to a cherished parent. You can also make the day all about dad by making him breakfast in bed, or any favorite meal. Special desserts are of course always a favorite!

November 13th is coming up. Don't forget to wish your father a God Farsdag!

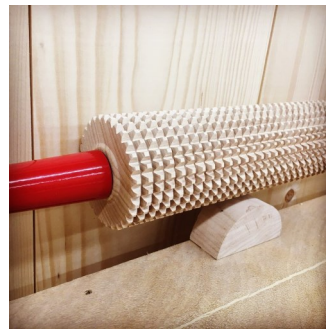


Rolling Along...con't...

The October Budstikken had an article about The Lokstad Rolling Pin in Jenkins, MN, north of Brainerd. Shirley Lokstad Schoenfeld has provided the following additional information:

The original "creator/owner" in the 1950's was my Uncle John Lokstad. David Lokstad is my brother, who is a member of our lodge. His daughter Dr. Sara Lokstad, and her husband Mike Baumann have taken over the business - Mike of course works at this all the time - Sara is a doctor in Brainerd MN. David and Judy have 7 children with spouses and families. They still live at Newfolden MN. Judy is the best lefse baker. Mike is doing a lot of creative new things.

[In addition to rolling pins,] they have really sold a lot of table centerpieces with rolling pins all decorated for seasonal show. He makes "lefse pucks," which are holders to put the lefse pin on while you turn the dough or leave the working table and it holds the pin so it doesn't roll off the table, and now he's selling handy-dandy Lefse pin brushes to brush off the flour, etc. (because you never wash or soak a wood pin). Here are a couple of pictures; the "bumpy" pin is a Lokstad Hardtack Pin.



Adult Heritage Weekend in Spring Grove, October 7-9

The District 5 Adult Heritage Weekend was a wonderful and busy experience in Spring Grove, MN. Lilly and Heather Jacobson, Ramona and Adrian Johnson, and Carla Burkhardt attended the event held at the Giants of the Earth Heritage Center. The action (and food) packed weekend was enjoyed by all, and KUDOS to Rachel Storlie, Cheryl Schlessler-Wille, Lee Grippen, Lise Furuseth & kids, and a host of others for their hard work.



Lee Grippen was the Greeter and wore many hats.

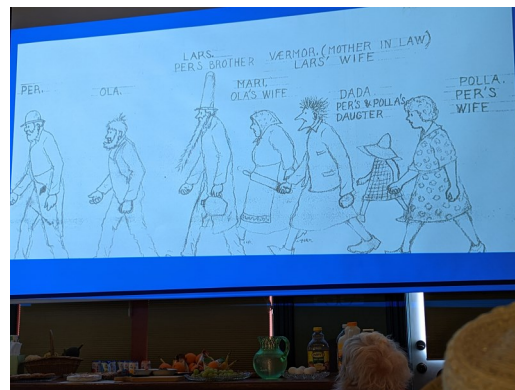


Ramona, Adrian, and Carla enjoyed the Friday night dinner. On Saturday, Carla attended the card-making class (right).



Above: Giants of the Earth meeting room.

Left: Beautiful Open Face Sandwiches prepared by Lisa Furuseth and family for our Saturday lunch: salmon with egg, roast beef with tartar sauce, ham with pasta salad, and brie with strawberries (and all with colorful garnishes)—to be eaten in that order!



One presentation was about the cartoon strip, Ola og Per.

A little in English...

Lutefisk Season Begins: The History of Lutefisk

This week, lutefisk season opens in our country. There are many stories about how lutefisk came to be. What actually happened, when it happened and what made people put dry fish into lye, no one knows.

Lutefisk is an important part of Norwegian food tradition and is eaten all over the country. Lutefisk is so strongly linked to the Norwegian/Nordic tradition that even immigrants to America brought the tradition with them, which led to lutefisk being popular in certain parts of the United States.

Lutefisk was first mentioned in Norwegian literature by Olaus Magnus in 1555. He describes how lutefisk is prepared and eaten: The dry stockfish is left in strong lye for two days, then it is rinsed in fresh water for one day before it is boiled and eaten. It is served with salted butter and is highly prized, even by kings!

Nevertheless, we do not know for certain why and when people started treating tørrfisk (dried fish) with lye. Tørrfisk is unsalted and dried under the open sky in a fresh breeze at a temperature just above freezing - simple and energy-efficient. A particularly popular theory is that the lutefisk originated after a fire in a tørrfisk storehouse in Lofoten. After the fire, the fish was covered in water and soot. Valuable food should not be thrown away, and when the Lofotenians tasted the fish after carefully washing it, they made the discovery that we still eat today.

A slightly more likely theory is perhaps that someone a long time ago found that the dilution of tørrfisk went faster with a little lye in the water - and the result was dry fish instead of extra quickly diluted dry fish. The coastal population could also obtain fresh fish whenever they wanted, and there is therefore greater reason to believe that the lutefisk was invented inland.

Lutefisk is low in calories, contains some protein (but less than regular fish), a good amount of selenium, vitamin B12 and a little vitamin D. Toppings such as bacon, sauce and lots of butter, in addition to a high content of salt, on the other hand, make it so the dish as a whole is more suitable for holidays than for everyday life.

Litt på Norsk...

Lutefisksesongen starter: Her er lutefiskens historie

Denne uka åpnes lutefisksesongen her til lands. Det finnes mange historier om hvordan lutefisken oppstod. Hva som egentlig hendte, når det skjedde og hva som fikk folk til å legge tørrfisken i lut er det ingen som vet.

Lutefisk er en viktig del av den norske mattradisjonen og spises over hele landet. Lutefisk er så sterkt knyttet til den norske/nordiske tradisjonen at til og med utvandrere til Amerika har tatt med seg tradisjonen, noe som har ført til at lutefisk er populært i visse deler av USA.

Lutefisk ble for første gang nevnt i den norske litteraturen av Olaus Magnus i 1555. Han beskriver hvordan lutefisk tilberedes og spises: Den tørre stokkfisken får ligge i sterk lut i to døgn, så skylles den i ferskvann i ett døgn før den kokes og spises. Den serveres med saltet smør og er høyt verdsatt, selv av konger!

Likevel vet man ikke sikkert hvorfor og når man begynte å behandle tørrfisk med lut. Tørrfisk er usaltet fisk, tørket under åpen himmel i frisk bris ved temperatur så vidt over frysepunktet - enkelt og energisparende. En spesielt populær teori går ut på at lutefisken oppstod etter en brann i et tørrfisklager i Lofoten. Etter brannen var fisken dekket av vann og sot. Verdifull mat skulle ikke kastes, og da lofotværingene smakte på fisken etter å ha vasket den nøyte, gjorde de oppdagelsen som vi fortsatt spiser i dag.

En litt mer sannsynlig teori er kanskje heller at noen for lenge siden fant ut at utvanningen av tørrfisk gikk raskere med litt lut i vannet – og resultatet ble lutefisk i stedet for ekstra raskt utvannet tørrfisk. Kystlandsbefolkningen kunne dessuten skaffet seg fersk fisk når de ville, og det er derfor større grunn til å tro at lutefisken ble oppfunnet i innlandet.

Lutefisk er kalorifattig, inneholder en del proteiner (men mindre enn vanlig fisk), en god del selen, vitamin B12 og litt vitamin D. Tilbehør som bacon, saus og mye smør, i tillegg til et høyt innhold av salt, gjør derimot litt til at retten i det hele passer bedre til fest enn til hverdags.



Lutefisk Suppers in the Area

Our Saviors Lutheran Church, Nov 5, 4:30-6:30 pm (Carryouts only) 359 N. Leonard, West Salem, WI

Lyster Lutheran Church: Nov 5, 11 am-7 pm, W1771 Co Rd D, Nelson, WI Tickets go on sale Oct 23. Call 715-283-5231.

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

NOVEMBER



OFFICERS TO CONTACT BETWEEN MEETINGS

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Vice President-

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e-mail: beane.kath@eagle.uwlax.edu

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e-mail: mkandersonfarm@yahoo.com

Send notices of deaths to the Assistant Secretary, Carol Pestel. Phone #608-386-4274.

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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 Nov - Apr:

Monday-Saturday from 9am--5pm

Sunday from 11am--4pm



Admission rates for all programs with the exception of Heritage classes is \$6.00 for adults, \$3.00 for children, \$15.00 for families, and free for members of "Friends of Norskedalen."

All visitors, including Norskedalen organization members, should check in at the Throne Visitors' Center for your admissions, wristband, maps and information.

Norskedalen Members may use the Norskedalen grounds 365 days a year from sunrise to sunset. Member parking pass must be clearly displayed in front windshield while using Norskedalen grounds.

Non-members may only use Norskedalen grounds during regular business hours and must check-in with office staff to pay admissions and receive a wristband.

Norskedalen phone: 608-452-3424

Web site: www.norskedalen.org

E-mail Address: info@norskedalen.org