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Facebook: [Sons of Norway La Crosse Wergeland Lodge](#) May 2026 Vol 61 Issue 5

## Fra Presidenten



I hope everyone is having a wonderful spring this year.

Our next meeting is going to be Thursday, May 7th at Cedar Creek for our banquet. I hope everyone can come and enjoy the wonderful meal.

See you there-

- Dave

### May 15 – Meet in the Park!

**We will visit our Trolls!** Syttende Mai (May 17<sup>th</sup>) falls on a Sunday and therefore, City Hall is not open. We will not have a flag raising.

INSTEAD, on **Friday, May 15**, everyone is invited to gather at the La Crosse International Friendship

Gardens at 10:00 am to visit our Trolls and the Norwegian section. Parking is available by the Gardens in Riverside Park (345 E Veterans Memorial Dr).

Then we will go to **breakfast** at the Radisson! Please let Ramona know if you will come to breakfast so that we can get a reservation.



- Wergeland Kalender**
- ◆ May 7—Syttende Mai Banquet at Cedar Creek, 5:00 Social Hour, 6:00 pm Dinner
  - ◆ May 12—Wergeland Board Meeting, 5:30 Perkins
  - ◆ May 15 —Meet at La Crosse Friendship Gardens 10:00 am
  - ◆ May 17 —Norwegian Constitution Day
  - ◆ May 18—Deadline for Budstikken articles
  - ◆ May 28—Budstikken mailed to members
  - ◆ June 4—6:00 Wergeland Lodge Meeting Harry J. Olson Senior Center, 1607 North St., La Crosse, WI



## PROGRAM FOR MAY

**Banquet at Cedar Creek; Program: "Know your Norwegian Trolls"**

**May 7 is our Syttende Mai Banquet at Cedar Creek.**

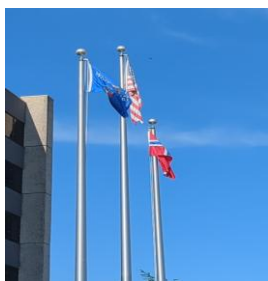
You should have reserved tickets with Adrian; pay him at the door; \$32 per person.

Social Hour begins at 5:00 pm and the Dinner (steak, potatoes, green beans & blueberry pie) will be at 6:00 followed by the program.



## Birthdays Mai

- 02 Tracey Grinde
- 08 Claire Everson
- 11 Alex M Hagen
- 12 Ardelle M Ender
- 16 Adrian E Hagen
- 17 Lisa Marie Cash
- 22 Trygve A Mathison
- 22 Eric James Pederson



### Porsgrund Porcelain Plates - gifts for Mother's Day

From Sandra Kawatski: I am helping a former Wergeland dancer, who had to quickly downsize.

She has Porsgrund plates that include 1969 through 1985, except for 1974, then 1989, 1990, 1992, 1993 & 1996. All are in their original boxes and would make memorable gifts for a church or home. There will be no sale at a specific time or place. Instead, after you have checked the internet for fair prices, you can make a freewill donation. Contact me at Sandra Kawatski, sandrakaw@aol.com.

I could bring your choice to a lodge meeting, or we could make other arrangements. My phone number is in the lodge directory if you want more details.

Porsgrund artists emphasized Biblical passages in some of the earlier plates, such as Jesus at 12-yrs. old in the temple and Peter in his fishing boat. In later years, artists painted Norwegian winter scenes and Christmas traditions to be passed on through generations.

## Program for June Driftless Area: Larry Scheckel

### Sekretær Notater...

#### Minutes from the April 2 Wergeland Lodge Meeting

President Dave calls meeting to order at 6:33. Pledge was said and Our "National Anthem" "Fedrelassang" and "O Canada" were sung. Secretary's report was printed in the Budstikken and approved as printed. Treasurer's report was read and approved as read. Raffle: \$20.00 Winners - Linda Sherwood & Viv Sacia

Banquet - May 7 at Cedar Creek. Menu - steak, potatoes, green beans & blueberry pie.

Ramona found a plaque from our past, which was impressive! We were INTERNATIONAL LODGE OF THE YEAR - 1988!!! It will be kept in the cabinet if anyone wants to see it.

Birthday song was sung.

Ron Nowland would like a visit or card - His address is: 622 Bennora Lee Court #408, La Crosse, WI 54601

Carla - Sports award - Dave GLOmstad - cycling - highest award! Carla Burkhardt - hiking

Dave Glomstad - Good of the order - Olympics - Norway won the most medals! May Peace and Harmony reign in our lodge.

Meeting adjourned at 6:55

Members present - 39

Program - "For the Love of Cod" Eric Dregni

Secretary, Kathy Anderson

#### Treasurer's Report:

Mar 31, 2026 checking balance	\$3217.77
Mar 31, 2026 scholarship balance	\$1596.00
Mar 31, 2026 savings balance	\$6866.72
Mar 31, 2026 Wergeland has	\$11,680.49

**Program for May: Know your Norwegian Trolls**

Diane Lambrecht from New Ulm, MN, will join us at our Syttende Mai Banquet (Cedar Creek) with a presentation about Trolls!

Growing up in a Norwegian home, Diane was always aware of the wee creatures in our history. This presentation is an overview of all the interesting characters researched over the years.

Diane is “all Norwegian” with her family coming from West Telemark and Ness. She graduated from the University of Minnesota with a degree in Elementary Education. She taught for 36 years in various locations and used storytelling in her teaching. Norwegian trolls were always included in her presentations; they add some spice!



**From the April Meeting: For the Love of Cod: A Father and Son's search for Norwegian Happiness**

**Eric Dregni** traveled from Minneapolis to present his new book, “For the Love of Cod” to our Lodge.

Eric and his 15-year-old son travelled to Norway to observe what makes it one of the happiest countries in the world. Some of the positive points include the Healthcare system, adequate pensions, lots of vacation time, and responsible handling of oil profits.



Some of the unique concepts (and hard-to-interpret-terms) include “Dugnad”, the opportunity to volunteer and help neighbors, “Allemannsretten”, the right to roam across the land, including private property (respectfully), and “Friluftsliv”, getting outside and nearness to earth.



Lilly Jacobson is fundraising with hopes of making enough money to attend the Masse Moro camp this summer. She will also utilize scholarships awarded by Wergeland and District 5.



Eric is a prolific writer – see his display of books below. Above, Eric Dregni, Lee Grippen, and Eric's father, Jay.



**SONS of NORWAY**

As a member Sons of Norway, you are invited to join All-Member meeting to discuss 2025 Financials on Tuesday, May 5th from 6:00 pm – 7:30 pm Central time:

Join CEO Dan Seyfried and Int'l Board Chair Luella Grangaard to hear highlights regarding SON financials and news regarding upcoming District Conventions.

To register for the meeting on May 5th, see <https://events.teams.microsoft.com/event/0497eab7-fef9-4973-9847-6fe9462c1b5a@8b6c3bd4-9ee2-493c-b760-d2c85ef4f63f>

Please email any questions by Friday, May 1 to [fraternal@sofn.com](mailto:fraternal@sofn.com).



## Dis og Dat



### Wergeland Dancers

To promote our lodge and to celebrate Syttende Mai, the Wergeland dancers will present their spring program at the Onalaska Care Center on Tues., May 12.

New this year will be dances that tell the stories about occupations common to our ancestors 200 years ago and also people today.

The Dancers will also represent our lodge with programs at SpringBrook in Onalaska on Tues., June 2nd, and at Norskedalen on Sat., June 20th. Since the lodge sponsors the dance group, we encourage you to contact us if you know of groups that would enjoy having the group perform during the year. Contact: sandrakaw@aol.com

**Meg Canepa** and her husband, John have hosted 11 exchange students (2010 - 2023) from Europe and South America. They have had the pleasure to visit them and get to know their families. Last month they traveled to Copenhagen, Denmark to see Astrid (left) and German daughter, Sarah (right). They enjoyed an authentic Danish meal, explored the city, and shared a few laughs. Meg writes, "We are truly blessed that our family has grown International!"



## Looking Back

### Fem år siden (5 years ago) 2021

Wergeland Golden member, Frieda E. Nowland passed away at the age of 87. She served on many committees, taught lessons in Norwegian, and was a board member of Wergeland.

After the Syttende Mai Banquet members enjoyed a musical program "Melodies of the Heart," presented by Rachel Storlie. An avid art song researcher and collector, Rachel was awarded grants from both UN and Luther College to study obscure or underappreciated composers from Belgium and Croatia. This adventure led her to Weill Recital (Carnegie) Hall in 2018. Currently Rachel teaches voice at her undergraduate Alma Mater, Luther College.

### Ti år siden (10 years ago) 2016

Kristin Glomstad completed her first year at Tufts University in Boston in pursuit of her master's degree and worked a summer internship at Vesterheim in Decorah, IA.

Bill Musser presented, "Waltzing in the Garden: Playing Heirloom Tunes, Planting Heirloom Seeds"

as part of Norskedalen's Sometimes on a Sunday series. This program brought together Bill's avocation as a Norwegian-American old-time dance musician/tune-collector and his work as the librarian at Seed Savers Exchange. This project became his life work. Vigeland works concentrated on the human family and the phases of life.

### Femten år siden (15 years ago) 2011

Dr. Sig Gundersen Jr. shared a Baldishol tapestry that he made. He felt he accomplished something when he was making the tapestries, instead of wasting time. This tapestry took about 8 months to complete—approximately 700 to 800 hours!

Liesl Allen, daughter of Brian and Joyce Allen and granddaughter of Al and Julia Forde represented Denmark at the La Crescent, Minnesota Middle School Geography Fair. She built a replica of the Church of Our Saviour in Copenhagen. She served aebleskiver to the visitors who stopped by her booth. Sandra Kawatski provided the Scandinavian clothes for Liesl to wear.

## Westby Solvang Sons of Norway Annual

# "FROKOST"

Norwegian Breakfast on Saturday, May 16<sup>th</sup>

From 7AM – 10AM or till sold out!

Westby Methodist Church  
202 East State St. Westby

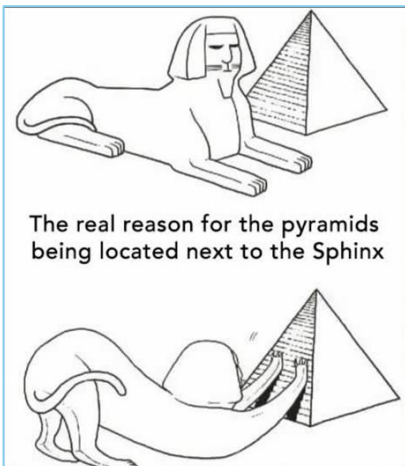
Adults: \$10  
Kids (3-10 years old): \$5



### Chicken Q!

To help bolster our Wergeland Lodge budget, we are working on plans for a Chicken Q through Rooster Andy's, likely in the Bridgeview Plaza parking lot. Date is yet to be determined but know that we will need your help selling advance tickets – we need to have at least 300 meals sold. There will be a few day-of duties, and we will also ask for bake sale items.

It's very early in the Wergeland **Officer** cycle, but we encourage you to think about what officer position you might be interested in next year. For instance, there will be certain openings in the Treasurer and Social Committee area! The September nomination time will be here before we know it!



The real reason for the pyramids being located next to the Sphinx

### Card Weaving by Mary Cary

Would you like to do some weaving but don't have access to a loom? Card weaving might just be the answer and can be done right in your own home.

It's done on a specialized loom or can be done on a backstrap loom with the longitudinal lengths of yarn (warp) placed around your back and secured on a fixed object, such as a piece of furniture.

The warp is threaded through holes punched in cards made of heavy tagboard. Usually, four to six cards are rotated to make the design as the shuttle is passed across the warp to make the "weft" horizontally.



There is evidence that card weaving has been done at various times in various places, such as Northern Africa, China, Russia, and the Middle East; Scandinavian (including Icelandic) archaeological findings are plentiful.

The most striking is that of Oseberg, Norway, dating back to 850 A.D. Cards and weavings in Queen Åsa's tomb were comprised of examples with as many as 52 cards in one loom!

Card weaving was introduced to the United States in the 1960's and is now used to make wearable art and wall décor.

Most often these looms are used to weave belts, straps, and similar items; use your imagination. How about the edging on the bodice of a bunad?! That would be great!

#### Source material

- "Cardweaving" by Candace Crockett, available through the public library system.
- Instruction by the late Lisa Nelson, former co-curator of Vesterheim, Decorah, IA

#### Instruction

You may enroll in a Norskedalen course archived at [www.norskedalen.org/page/2/?s=weaving](http://www.norskedalen.org/page/2/?s=weaving); or search the topic in YouTube for instructional videos.

## A little in English...

### What did children eat as candy in the old days?

A child who lived during the Viking Age - more than 1,000 years ago - never tasted sugar or candy like we eat today.

But they had other sweets. The plant angelica was eaten like candy. It tastes a little sweet, but also bitter.

The Viking children may also have used resin as chewing gum, because people have chewed it since the Stone Age. Resin is a sticky and thick liquid that flows out of spruce and pine trees.

If they wanted more sweetness, they could eat honey and sweet berries and apples.

### Sugar for Norway

Sugar cane is a grass that does not grow in Norway. That is why [Norway] did not have sugar until the 17th century. Then it arrived by boat along with other new foods such as coffee, tea, spices and cocoa. With sugar and cocoa, it became possible to make many kinds of candy.

Sugar was expensive and not for everyday use.

Hard candies came in many fruit flavors and were sold in bulk, meaning you could buy one at a time.

Caramels didn't cost that much either. People could also make them at home.

"Love on a stick" - also called lollipops - is actually a hard candy or caramel put on a stick. These also existed in the old days.

### The most popular chocolate

Licorice, the juice of the licorice plant, is used to flavor candy. Licorice came in long sticks and was cut into pieces.

Marzipan is made from almonds, powdered sugar and egg whites. Almonds had been coming to Norway by ship for hundreds of years. Then in the 19th century, powdered sugar arrived, which is finely ground sugar. Then people started making marzipan. Marzipan was used in cakes, but also as candy, especially at Christmas and Easter.

Freia was the first chocolate factory in Norway. From 1889, children could buy milk chocolate. It is still the most popular chocolate today.

Now you can choose from a wide variety of different sweets. A child from the Viking Age

## Litt på Norsk...

### Hva spiste barn som godteri i gamle dager?

Et barn som levde på vikingtiden - for mer enn 1.000 år siden - smakte aldri sukker eller godteri som vi spiser i dag.

Men de hadde andre søtsaker. Planten kvann ble brukt som godteri. Den smaker litt søtt, men også bittert.

Vikingbarna brukte kanskje også kvæ som tyggegummi, for det har folk tygget på siden steinalderen. Kvæ er en klissete og tykk væske som renner ut av gran og furutrær.

Om de ville ha mer søtt, kunne de spise honning og søte bær og epler.

### Sukker til Norge

Sukkerrør er et gress som ikke gror i Norge. Derfor hadde vi ikke sukker før på 1600-tallet. Da kom det med båt sammen med andre, nye matvarer som kaffe, te, krydder og kakao.

Med sukker og kakao ble det mulig å lage mange slags godteri.

Sukker var dyrt. Det var ikke til hverdags.

Drops fantes i mange fruktsmaker og ble solgt i løsvekt, det vil si at du kunne kjøpe et drops av gangen.

Karameller kostet heller ikke så mye. De kunne folk også lage hjemme.

Kjærlighet på pinne - også kalt slikkepinne - er egentlig en drops eller en karamell satt på en pinne. Det fantes også i gamle dager.

### Den mest populære sjokoladen

Lakris er saft fra lakrisplanten. Det blir brukt til å sette smak på sukkertøy. Lakris kom i lange stenger og ble skåret i biter.

Marsipan er laget av mandler, melis og eggehvite. Mandlene hadde kommet med skip til Norge i hundrevis av år. Så på 1800-tallet kom melisen, som er finmalt sukker. Da begynte folk å lage marsipan. Marsipan ble brukt i kaker, men også som godteri, særlig til jul og i påsken.

Freia var den første sjokoladefabrikken i Norge. Fra 1889 kunne barn kjøpe melkesjokolade. Det er fortsatt den mest populære sjokoladen i dag.

Nå kan du velge mellom massevis av forskjellige typer godteri. Et barn fra vikingtiden ville ikke trodd sine egne øyne.

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

## Wergeland Scholarship Application 2026

Name: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

Address: \_\_\_\_\_ Phone Number: \_\_\_\_\_

Your E-Mail \_\_\_\_\_

Wergeland SON Family Member: \_\_\_\_\_ Relationship \_\_\_\_\_

Name of Accredited College or University: \_\_\_\_\_

Major: \_\_\_\_\_ Anticipated Graduation Year \_\_\_\_\_

Briefly, what are your future plans? \_\_\_\_\_

Why are you interested in this scholarship? \_\_\_\_\_

- Return completed application and proof of registration for the Fall 2026 semester (your 2<sup>nd</sup> or greater year of college) to Carla Burkhardt, N5069 Wildflower Lane, West Salem, WI 54669 or email carla.burkhardt8696@gmail.com.
- Send a photo of yourself (.jpg file) for the Lodge newsletter to Carla Burkhardt at carla.burkhardt8696@gmail.com.
- The application file must be submitted by July 1<sup>st</sup>. Please print/type clearly and watch your email for any communications.

**Guidelines for scholarship applicants:**

1. As of May 31<sup>st</sup>, applicant must be under age 24, a child or grandchild of a member of Wergeland Lodge, attending college, registered for the 2<sup>nd</sup> Year.
2. Any previous scholarship recipient will not qualify.
3. Applicant must be a full-time student, completed one year of college, and accepted and entering the second year or later year at an accredited college or university.
4. Each qualifying applicant will receive a \$300 scholarship award and check at the following August meeting.

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

Wergeland Lodge is proud of our emphasis on family lodge, and a scholarship is available to all members' families meeting the criteria above.

Scholarship Committee Carla Burkhardt and Karen DeSchepper.

Signature of Applicant \_\_\_\_\_

(April 2026)

*Please use additional sheet if needed.*

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

**MAY 2026**



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## **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* - Adrian Johnson 608-788-7507  
e-mail: r16464650@gmail.com

*Membership Secretary* – Karen Broadhead 608-788-2485  
e-mail: k19brhd@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 May - Oct:  
Monday-Saturday from 9am--5pm  
Sunday from 11am--4pm



*Admission rates for all programs with  
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.

Norskedalsn phone: 608-452-3424

Website: [www.norskedalen.org](http://www.norskedalen.org)

Email: [infor@norskedalen.org](mailto:infor@norskedalen.org)

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