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[Facebook: Sons of Norway La Crosse Wergeland Lodge Feb 2026 Vol 61 Issue 2](#)

Fra Presidenten



I hope everyone can come to our meeting on Thursday, February 5 at the Harry J Olson community center at 6:00 PM.

Be sure to be careful because the streets and roads are icy which can cause driving accidents and falls.

-Dave



BARNEBIRKIE Cookies

If you are contributing, please bring cookies to the Feb 5 meeting.

Carla Burkhardt will be volunteering at the Barnebirkie in Hayward, WI, February 19. 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!!

2026 Snowflake Ski Jumping Tournament

Remember last October when Scotty Yttri from the Snowflake Ski Club presented to our Lodge? He enthusiastically invited us to attend the Ski Jumping competition coming up in February. The tournament will be held in Timber Coulee (E7940 Cty P, Westby, WI) on February 6 & 7.

Follow the discussion on the Facebook event for information such as where to get buttons and other updates:

facebook.com/events/1139353734957713/?active_tab=discussion



PROGRAM FOR FEBRUARY

Sami Jewelry and Culture

LUNCH PROVIDERS FOR THE FEBRUARY 5 MEETING

Sandwiches: Carla Burkhardt, Carol Stekel, Karen Broadhead, Nancy Solberg

Cake or bars: Ramona Johnson, Bev Ranis, Mark Dregne

Pickles: Pam Knudtson (dill), Dave Hendrickson (sweet)

Fruit or Vegetable tray: Vivian Sacia (veg)

Members are asked to donate \$5



Birthdays **February**

- 05 Monte J Hanson
- 08 Ronald A Nowland
- 11 Agnes Zawada
- 13 Lorraine J Glanzer
- 14 Barbara Christianson
- 14 Willow Stokke Howe
- 15 Kennedy Lane Larson
- 15 Theadora Ranis
- 16 Justin H Sanders
- 23 Darlene S Bankes
- 25 Jill A Nelson
- 26 Jamie Maxwell-Basye

Sekretær Rotater...

Minutes from the January 8 Wergeland Lodge Meeting

President David calls meeting to order at 6:30.

Our US pledge was said, our National Anthem was sung, "Fedrelandssang" and "O Canada" were sung.

Ramona conducts the Installation of Officers, by group.

Dave Glomstad and Karen Broadhead escort David Hendrickson around the room as our 2026 President.

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

Treasurer's report was read and approved as read. Note: \$400 was sent to the Foundation fund, \$200 was sent to Norskadalen.

Raffle: \$40.00 Winners - Gary Corbisier and Carol Stekel

Meeting Adjourned at 6:55

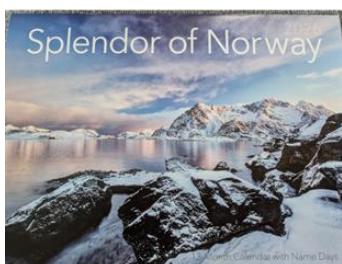
Members Present - 32

Program - Ken Larson - Wood carving.

Secretary, Kathy Anderson

Treasurer's Report

Dec 31, 2025 checking balance	\$1583.19
Dec 31, 2025 scholarship balance	\$1470.00
Dec 31, 2025 savings balance	\$8366.72
Dec 31, 2025 Wergeland has	\$11,419.91



2026 Calendars

We have two SWEDEN calendars left for \$5.00 each. Just having the great photos hanging on your wall is worth that! We also have five SPLENDOR OF NORWAY calendars left for only \$8.00 each. Pick them up at the February meeting or call Adrian at 608-788-7507.



District 5 Scholarships

District 5 Scholarships have March 16 deadlines. Application links can be found at https://sonsofnorway5.com/financial/district_scholarships.php (in the right-hand column). Note that the first two (International Summer School Scholarship and Norwegian Folk High School Scholarship) have unique requirements; youth who are interested in qualifying for these scholarships in future years might want to look at the requirements now.

The more general Academic Scholarships are the Olav J. Eide Scholarship, the Cyril K. Wittrup Scholarship, and the District 5 Lodge Academic Scholarship.

Program for February: Sami Jewelry

In February, we will be joined by jewelry designer, Liz Bucht. She owns Crown Trout Jewelers in Lanesboro, Minn., and is known for her study of and creation of Scandinavian jewelry.

Quoting the Norwegian-American website (norwegianamerican.com/liz-bucht/, which also posted this photo), "The artisan has studied traditional Norwegian silversmithing techniques in Norway and has made bunad jewelry and wedding crowns. Her contemporary designs, influenced by Nordic traditions, have been shown in galleries in the United States and Norway."



At our Lodge meeting on Feb 5, Liz will focus on the Sami jewelry tradition and share her research into their culture as well as the beautiful pieces she has created in that style. More about Liz's artwork can be found at crowntroutonline.com/

From the January Lodge Meeting:

It was a rainy (!) night in January when we installed the 2026 Officers:



Support Directors: Mark Dregne, Carla Burkhardt, Karan Mathison, Gary Knudtson, Kathi Beane, Royce Curtis, and Dan Rogne



Program Directors: Dave Glomstad, Linda Sherwood, Karen Saegrove, Carla Burkhardt, and Lynn Curtis



Executive Officers: Karen Broadhead, Dave Glomstad, Kathy Anderson, Dave Hendrickson, Adrian Johnson, Kathi Beane, and Ramona Johnson.

Installation officers, Karen Broadhead and Pam Knudtson presented **President Hendrickson**.



Following the installation ceremony, we heard from **Ken Larson**. Ken and **John Solberg** (Wergeland member) are part of the Coulee Region Wood Carvers. This group meets Mondays from noon until 5:00 at the Harry J. Olson site.

Several tables of beautiful and interesting pieces made by both Ken and John were displayed (see below and p. 4). Ken talked about the different styles, methods, and woods used. For instance, relief carving is cutting a design into a flat surface, while chip carving is making triangles over and over, popping out the chips. Woods used include basswood, cottonwood bark, box elder, birch, cherry, and sumac; some are harder woods than others. Carvers might use patterns to transfer the desired design, such as from "Woodcarving Illustrated" magazine.

The group has a booth at the Interstate Fair in West Salem and participates in the Rendezvous in Prairie du Chien.





Dis og Dat



Adrian and Ramona Johnson are now proud great-grandparents of eight as of January 2, 2026. They live in Boise, ID and Hartfield, WI.

Gary and Pam Knudtson spent the holidays in Denver, CO. They enjoyed the “gift” of their new grandson, Ewan Erik Loftin.

Mark and Ruth Dregne had all of their children home from California, Colorado, and Milwaukee for Christmas. A total of 14 people at their house for one week. Very busy but fun time!



Dave Glomstad shared a photo of the last of his Christmas Lefse being enjoyed for New Year's Day breakfast.

A pair of jumper cables walk into a cafe. The waitress sees them and says, “I'm sorry but I'll have to ask you to leave. I don't want you starting anything in here.”



More of the carved pieces displayed by Ken Larson and John Solberg.

Looking Back

Fem år siden (5 years ago) 2021

Have you ever wondered what an immigrant experienced moving from Norway to North America? Sons of Norway member Paul Stephen Arneson wrote a book called, *I Couldn't Milk Another Goat: Goodbye Norway – Hello Minnesota*. This book followed the life of Paul's Norwegian immigrant grandmother, Carrie Kirkeeide Thorson. She had personal stories of early years in her small Norwegian farm home.

Ti år siden (10 years ago) 2016

Jon Lee presented a program entitled, “Steel and Stone: Viking Knives and Pottery.” He included a historical overview of the styles and

techniques used in the past as well as the present. Jon studied knife making with Norwegian master artists. Marilyn Hammes passed away at the age of 83. She had been a member of our lodge for 24 years. Marilyn served on the social committee and the newsletter committee.

Femten år siden (15 years ago) 2011

Jostein Bakken was honored at the International Convention for his years of service to Sons of Norway.

The Tubfrim program is an organization in Norway which resells cancelled stamps and the proceeds help fight tuberculosis. The Sons of Norway is proud to support children in need.

Tusen Takk til...

...**Diana Hobson**, who brought some special goodies in January; she provided samples of DNA wines, and the canned Nordic Lights drink. Her wines can be purchased at Festival and Woodman's (among other places) in the Wisconsin Wines section.

...**Jim Michelson**, who has joined the Social Committee. He provided Chex Mix for our tables at the January Lodge meeting.

SPEAKING OF THE SOCIAL COMMITTEE, installation of officers was held at the January meeting. Thank you to everyone that came out on that cold, rainy night to be installed. The lodge needs many members to keep our organization functioning from day to day, month to month and year to year.

The social committee needs some more people: Special meals (May, June and December) needs TWO more. We won't meet in July this year.

ONE more person needed for August, September, October and November meetings.

If you have questions concerning the job description for these months, give me a call. It involves serving the lunch and cleaning up afterwards.

--Ramona J. 608-788-7507

Learn Norwegian through the SN website in 5 Minutes a Month!

You can access language lessons with sound in the Members Login area:
members.sofn.com/members/showPage.jsp?document=memberresources/learnnorwegian.html

The monthly language lesson has been out for a while now, and many have indicated that it is working well. Visitors to "Norwegian in 5 Minutes a Month" have asked for information on the Norwegian alphabet and genealogical terms, so we have added pages on both topics. We look forward to your feedback. In the meantime, good luck!



Norskedalen Candlelight Hike Feb 20

Join in the Candlelight Hike at Norskedalen, Friday, Feb 20 from 5:30 – 7:30. Free for Norskedalen members or \$10 for 12 and older and \$5 for 4-11. years. Hoping for a beautiful evening under the stars and among the hundreds of luminaries in February!

Vesterheim Barneløpet

February 7, 2026 | 10:00 a.m.

Get outside and enjoy the winter at the 27th annual Barneløpet, a non-competitive ski or walk event for the community's youngest skiers, ages 3-13. The collaborative Vesterheim Museum and Sons of Norway event is at the Decorah Community Prairie at 10:00 a.m., with registration beginning at 9:40 a.m. Skiers must provide their own skis.

Barneløpet is open to children of all skill levels and is a great event for the entire family. Participants receive a Barneløpet snowflake pin, medal, and race bib. We will serve hot chocolate and homemade cookies as you warm up by the fire.

No snow or skis? "Then join in the fun with a walk through the tall prairie grasses," Fossum-Martin encouraged.

The Decorah Community Prairie is accessed by car at the south end of Ohio Street, near Aase Haugen Homes. The trail will be in a loop, with the start and finish at the site of the butterfly garden.

Check this website and Vesterheim social media for possible cancellations.

Barneløpet, (pronounced BAR-nuh-lop-it) is Norwegian for "kids race" and Sons of Norway lodges all over the country sponsor Barneløpet events. It is modeled after the Barnebirke, a children's cross-county ski race held each year as a part of the world-famous American Birkebeiner in Hayward, Wisconsin.

Barneløpet is a partnership with three Sons of Norway Lodges—Valdres in Decorah, Iowa, Heimbygda in Lanesboro, Minnesota, and Valheim in Spring Grove, Minnesota. It is free thanks to support from Jon and Mary Hart of Decorah in memory of Kjell Arne Berntsen. Above, and image to left, from vesterheim.org/program/barneløpet

Homemade Cardamom Granola with Almonds

Easy and delicious homemade granola recipe featuring oats, cardamom and sliced almonds.

Ingredients:

4 cups old-fashioned rolled oats
 1 cup sliced almonds
 1/2 cup raw pumpkin seeds
 1 tsp. ground cinnamon
 1 tsp. ground cardamom
 1/2 tsp. ground ginger
 1 tsp. fine salt
 1/2 cup canola oil
 1/2 cup real maple syrup
 1 tsp. vanilla extract
 1/2 tsp. almond extract



Instructions:

Preheat the oven to 350°F / 175°C. Line a baking sheet with parchment paper and set aside.

Combine oats, almonds, pepitas, cinnamon, cardamom, ginger and salt in a large bowl. Stir well, ensuring that the salt and spices are evenly distributed throughout the mixture.

Add oil, syrup and extracts. Using a rubber spatula, stir well to combine.

Transfer granola to prepared pan. Pat down with a rubber spatula to distribute the mixture in an even layer. Bake for 15 minutes.

Remove granola from the oven and stir with a metal spatula to redistribute on the baking sheet. Firmly press down on the mixture using the back of your spatula, creating an even and tight layer of granola. Bake for an additional 12-15 minutes or until granola is toasty and golden brown.

Remove from the oven and allow to cool completely on the baking sheet.

Use a spatula to transfer the granola to glass containers for storage (or freezer bags, if freezing). Granola keeps for about two weeks at room temperature or several months in the freezer

Notes:

Let the granola cool completely before removing from the pan. If the granola is still warm when you package it, you run the risk of soggy granola.

Freeze for long-term storage. For longer storage, freeze in Ziploc freezer bags.

Source: True North Kitchen

From the International Sons of Norway Office

Dear members,

Please join us for an All-Member meeting to discuss the following topics on Monday, February 9 from 11 am – 12:30 pm Central time:

- 2026 District conventions
- How to become a delegate
- Membership survey results
- Overall changes in membership numbers
- Changes in membership numbers between the ages of 30-50
- Getting involved in your lodge and district

Preregistration for the Feb 9 meeting is needed – go to events.teams.microsoft.com/event/a5d1dfc7-f13d-4f1c-ba89-214996b5ee02@8b6c3bd4-9ee2-493c-b760-d2c85ef4f63f

Due to the large number of people invited, please email questions by Tuesday, Feb 3 to fraternal@sofn.com.

Cultural Committee Challenge to D5 Members

Leading up to the 2026 District 5 Convention, the District 5 Cultural Committee gives all District 5 members this challenge: Try some new Norwegian cultural skill that you've never done before!

Complete any one Sons of Norway Cultural Skills project completed between May 1st 2025 and May 1st 2026. You would be eligible for a Cultural Skills pin from your local Sons of Norway lodge and after completing this challenge, this member would also be recognized by District 5 and receive a token of appreciation. Each member needs to send the Cultural Committee Chair, Lucy Ghastin, proof that all aspects of a particular cultural skill level were completed. There is no need to send the whole project. An officer of your lodge would sign the paper, and the member would sign.

The required form can be found <https://sonsofnorway5.com/library/original/docman/Jan22026FFFN.pdf>.

All requirements and skill levels for each Cultural Skill can be found on the Sons of Norway website: www.sofn.com/member_resources/cultural_programming/cultural_skills_program/



A little in English...

Scientists: Why knitting is the key to inner peace

A Swedish study shows that knitting is good for more than just your wardrobe. It offers mental benefits that are of great value.

Traditionally, knitting has been a pleasant and calming activity that makes us think of grandmothers and older aunties. But modern and internationally renowned knitting luminaries like Lærke Bagger have given knitting a funky twist, making it a super popular hobby for all ages.

Easier to handle life

A study from the University of Gothenburg shows that people with mental health problems can use knitting as a form of medicine. The researchers investigated what people with mental health problems themselves have to say about how knitting affects their situation. A total of 600 statements were collected from Ravelry, a free, English-language social network dedicated to knitting, crocheting, weaving, felting and yarn production.

The collected statements were then analyzed using recognized qualitative analysis methods.

Three positive effects

The results of the analysis revealed three ways in which knitting is beneficial to health. It helps people to calm down and relax. As a hobby, it also gives people an identity as knitters in an informal setting. Finally, knitting helps to structure life and has a beneficial impact on mental health.

Overall, the knitters who participated in the study experienced their hobby as a highly valued activity that had a beneficial effect on their health, both in the short and long term. Some of the knitters had also observed a change in their mental processes, explaining that it was easier for them to think clearly and control their thoughts when they were knitting. “Occupational therapists’ job is to make people’s lives work. There is clearly a potential in knitting needles and yarn that healthcare should absolutely not underestimate,” they write.

The Swedish study is not alone. A 2007 Harvard Medical School study, for example, showed that knitting stimulates the body’s natural relaxation and lowers the heart rate by an average of 11 beats per minute—which lowers overall blood pressure.

Litt på Norsk...

Forskere: Derfor er strikketøy nøkkelen til indre ro

En svensk studie viser at strikking er bra for mer enn bare garderoben. Det gir mentale fordeler som er av stor verdi.

Tradisjonelt sett har det vært en hyggelig og rolig aktivitet som leder tankene mot bestemødre og gamle tanter. Men moderne og internasjonalt anerkjente strikkekoryfører som Lærke Bagger har gitt strikking en funky vri, noe som har gjort det til en superpopulær hobby for alle aldre.

Lettere å håndtere livet

En studie fra Göteborgs universitet viser at personer med psykiske problemer kan bruke strikking som en form for medisin.

Forskerne undersøkte hva personer med psykiske problemer selv har å si om hvordan strikking påvirker deres situasjon. Til sammen ble det samlet inn 600 uttalelser fra Ravelry, et gratis, engelskspråklig sosialt nettverk dedikert til strikking, hekling, vevning, toving og garnproduksjon.

De innsamlede utsagnene ble deretter analysert ved hjelp av anerkjente kvalitative analysemetoder.

Tre positive effekter

Resultatene av analysen avdekket tre måter strikking er helsebringende på. Det hjelper folk til å roe ned og slappe av. Som hobby gir det også folk en identitet som strikker i en uformell setting. Til slutt bidrar strikking til å strukturere tilværelsen og har en gunstig innvirkning på den psykiske helsen.

Alt i alt opplevde strikkerne som deltok i studien at hobbyen deres var en høyt verdsatt aktivitet som hadde en gunstig effekt på helsen, både på kort og lang sikt. Noen av strikkerne hadde også observert en endring i sin mentale prosess, og forklarte at det var lettere for dem å tenke klart og styre tankene når de strikket.

«Ergoterapeuters jobb er å få folks liv til å fungere. Det ligger åpenbart et potensial i strikkepinner og garn som helsevesenet absolutt ikke bør undervurdere», skriver de.

Den svenske studien er ikke alene. En studie fra Harvard Medical School fra 2007 viste for eksempel at strikking stimulerer kroppens naturlige avspenning og senker hjertefrekvensen med gjennomsnittlig 11 slag i minuttet – noe som senker blodtrykket.

Sons of Norway
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FEBRUARY 2026
February

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Norskedalen Activities

Thrune Visitors Center

Hours From May - Oct:
Monday-Saturday from 9am--5pm
Sunday from 11 am--5pm



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 Thrune 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
Website: www.norskedalen.org
Email: infor@norskedalen.org