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## Fra Presidenten



Hope everyone had a good summer and had a good time at our August meeting. Many thanks to all the people who came and brought delicious dishes.

Our next meeting is scheduled for Friday, September 5th at 6:00 PM and I hope everyone can come.

Our next board meeting will be on Tuesday September 10th. It starts at 5:30 PM at Perkins restaurant. Everyone is invited.

-Dave Hendrickson

**The Wergeland Dancers** will be starting practice sessions this season on Tuesday, Sept. 24, 2024, at 6:30 p.m. at the UCC Church, 401 West Ave. S., La Crosse. Practices will be held on the second and fourth Tuesdays of the month. No cost involved. Here is a chance to learn some traditional folk dances and to provide a community service by entertaining at area nursing homes and events. Contact Sandra at (608) 526-9577.

Some of the Wergeland Dancers participated in the **Holmen Kornfest Parade**. Pictured are **Vivian Sacia, Carla Burkhardt, Dale and Connie Norris, Sandra Kawatski, Karen Lange, and Sharon Harter. Joe Kawatski** and neighbor Ron Ness pulled the float; again, a big thank you to the Kawatskis for preparing and providing the beautiful float!



## Wergeland Kalender

- ◆ Sept 5—6:00 Wergeland Lodge Meeting, Radisson Center, located on the corner of 2nd & Jay St
- ◆ Sept 10—5:30 Board Meeting at Perkins in Onalaska—ALL are welcome!
- ◆ Sept 16—Deadline for Budstikken articles
- ◆ Sept 26—Budstikken mailed to members
- ◆ Oct 5—6:00 Wergeland Lodge Mtg Radisson Center



## PROGRAM FOR SEPTEMBER

Chris Hardie: Back Home: Farm Country Tales

### Lunch providers for the September 5 meeting:

**Sandwiches** (2½ doz): Bev Ranis, Kathy Anderson, Linda Sherwood, Karen Broadhead, Dave Glomstad

**Cake or bars** (9x13): Kathi Beane, Ann Sprain, Lynn Curtis, Dee Johnson

**Pickles:** Carol Pestel (Dill), Lee Grippen (Sweet)

**Fruit or vegetable tray:** Mark Dregne, Heather Jacobson

**Members are asked to donate \$3-5**



## September Birthdays

- 1 Barbara J Anderson
- 3 Carol A Pestel
- 4 Stanley M Berg
- 5 David Hendrickson
- 5 Florence L Overgard
- 6 Paul Delbert Larson
- 9 Teresa J Sacia
- 10 Cole M Newell
- 14 Joseph M Stekel
- 16 Donald H Fox
- 17 Waylon G Stokke
- 19 Annika K Mathison
- 22 Stanton M Jorgens
- 23 Doris J Hagen
- 23 Morgan A Jostad
- 24 Maureen A Tostrud
- 25 Ruth J Jostad
- 26 Alfred L Johnson
- 27 Lois A Preeshl
- 28 Charles E Reimer IV

## Program for October

Dana Bistodeau: Hospice 101

### Sekretær Notater...

#### August 1 Wergeland Lodge Meeting, Radisson Center, La Crosse

David calls meeting to order at 6:50.

Pledge was said and US National Anthem, Fedrelandssang, O Canada were sung.

Scholarship awards were presented:

Alac Olson	Abbey Rudrud
Nick Rudrud	Maddie Sprain
Davis Fernor	Cody Beitlich

Congratulations to all!

Charter was draped for 2 members: Lois Betts and Gurine Eggen. A moment of silence was held in their honor.

Raffle: \$49.00 Winners - Diane Hobson (donated back), Ann Sprain; Ann Sprain also won the picture.

Birthday song was for July and August Birthdays!

Carla: Sports awards - Dave Glomstad has surpassed all awards with flying colors.

Song: #51 "Kan du glemme gamle Norge?" #52 "Old Norway"

Next meeting Sept. 5, with this month's board meeting Aug. 6.

Meeting adjourned at 7:10.

Members present - 55

Program - "Travel to Norway with the Hoinesses in 1908."

Secretary, Kathy Anderson

#### Treasurer's Report:

July 31, 2024 checking balance	\$1773.68
(which includes \$84.91 for Dancers)	
July 31, 2024 scholarship balance	\$1906.00
July 31, 2024 savings balance	\$11,015.02
July 31, 2024 Wergeland has	\$14,694.70

### MYGA – Grow your savings with guaranteed options

You have worked hard to create a lifestyle that is comfortable and that you can be proud of. Whether you choose to travel, volunteer or spend time with friends and family, your retirement years should also be secure and enjoyable!

Sons Of Norway has a new Multi-Year Guaranteed Annuity.

- Select your guarantee period 3, 5 or 7 years
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Talk with your insurance professional today (**Helge Enok Vestnes**).



## God Bedring...

...til Marilyn Rudser, who is temporarily convalescing from a fall at the Onalaska Care Center. You may visit or call (608) 783-4681 and ask for her room.

At the August meeting, four of six **Wergeland Scholarship recipients** were on hand to receive their awards as pictured:

**Alec Olson** (middle, right), grandson of **Wayne & Elsie Olson**, was joined by his parents.



**Charlene Smith** (below right) accepted the award on behalf of her grandson, **Davis Ferner**.



**Nicholas, Maddi, and Abby** (below), grandchildren of **Dennis and Ann Sprain**, were all on hand to receive their awards.



**Dave Glomstad** (below) was awarded a series of medals for Sykkelmerke. He earned the Idrettsmerke, Bronze, Silver, and Gold awards. The Idrettsmerke is the award following the Enamel award and is for completing double the miles required for the Enamel award.



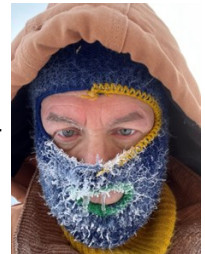
Dave was awarded the Enamel earlier this year.



## Program for September: Chris Hardie—Back Home: Farm Country Tales

Join longtime area journalist and storyteller Chris Hardie who will share stories he has published about life and living on a farm. Hardie will present stories from winter, spring, summer and fall and reflect on the joys, challenges and humor of rural life.

Chris Hardie grew up on a rural Jackson County farm, where he now lives. He spent more than 30 years in the newspaper industry as a reporter, editor and publisher. He still writes a weekly column that is published in many Wisconsin newspapers. He and his wife Sherry own and operate Brambleberry Winery in West Salem. He is also the CEO of the 7 Rivers Alliance, a regional economic development organization.



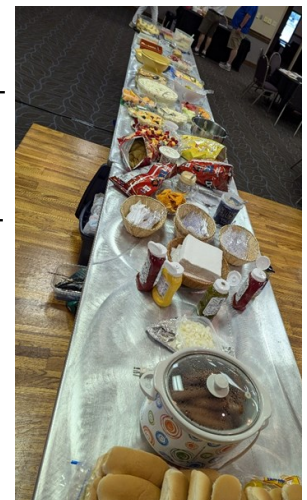
## From August's meeting: Travel Back in Time to Norway in 1908

**Karla Brown** from Decorah pieced together the account of her great-great-aunt's trip to Norway in 1908. During their travels, both Elise and her husband, Andrew Hoiness, wrote letters and postcards to family back in Iowa. Through these, we experienced the discoveries and opinions (not all positive) of traveling across the sea to visit the Homeland.

Travel to Norway with the Hoinesses in 1908



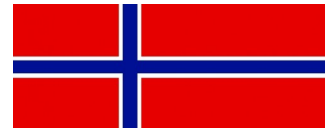
Also at the August meeting, we had a good crowd for our annual **picnic potluck**. Many delicious contributions filled the tables.







## Dis og Dat



**Katie Canepa**, daughter of **Meg and John Canepa** and granddaughter of **Marlene McCabe**, was married in July. The ceremony was held at 6000 feet at the Lost Horse Observation Point near Darby, MT.



### **Dave and Becky Glomstad**

welcomed their first grandchild! Adrian was born on July 2, Dave and Becky's anniversary. Congratulations!

**Shirley Lokstad Schoenfeld** has moved (and still has things to put away!) to Mill Street Manor #24, 840 Mill Street N, West Salem across from Linda's Bakery. Her cell phone number is 608-790-0489.

**The 2025 calendars are here!** Yes, it's that time of year again. We will have the 2025 Splendor of Norway calendars for sale at our September meeting for \$15.00. That price is less than the stores will be charging



for the same ones. We also have a few Splendor of Sweden ones available for your Swedish friends and relatives.

**OPPORTUNITY!!!** We are looking for a couple of folks willing to serve on the **Nominating Committee for 2025 Officers**. Please let **Ramona** know if you are willing to serve on this short-term committee. The committee will first go through the present roster and ask those who are serving if they want to continue, change positions or take the year off. Please consider being part of this effort!

### **Wergeland Lodge QR Code**

Introducing our new QR Code! This links to our Wergeland information as posted on the District 5 Website, which is kept updated with lodge info and newsletters. This QR Code can be used on publicity documents or announcements so that the general public can learn about our lodge (and perhaps join)! To use, point your phone's camera at the image and the web address of the site will appear and be clickable.



## Looking Back

### **Fem år siden** (5 years ago) 2019

Erling "Pete" Sherry passed away at the age of 83. He was a Golden Member beginning his membership in February of 1978 (over 41 years). His wife, Annette was a Golden Member.

### **Ti år siden** (10 years ago) 2014

Government officials in Norway launched a new website in English, aimed to help foreigners get acquainted with life in Norway. Cabinet Minister Morten Andreas Meyer called the site a "guide to public services" in Norway. It offered practical information about studying, working, and living in Norway.

Walter Gilbert of Winona's Nor-Win Lodge presented the

life and music of Norway's most recognized musician, Edvard Grieg.

### **Femten år siden** (15 years ago) 2009

Cindy Olson, Foundation Director, was the speaker for the September meeting. She had a fun presentation that kept us up to date with how our wonderful Sons of Norway Foundation was doing.

Al and Julia Forde and Joe and Carol Stekel attended a "Hardanger Fiddle Association of America" concert of traditional folk music and dance from Telemark, Norway. The performers included Hardanger fiddler Hauk Buen and dance fiddler Kenneth de Gala from Norway. Both men have been honored for their contributions to Norwegian folk music and dance.

## 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.

## Mushroom Lamb Stroganoff

I (Carla) would probably prefer beef over lamb! The following comments are from the original post at [www.cooksister.com/2007/11/if-life-gives-y.html](http://www.cooksister.com/2007/11/if-life-gives-y.html).

"...Of course, the classic dish is [beef Stroganoff](#) (traditionalists, avert your eyes!), a recipe usually accepted to have Russian origins and containing beef, sour cream and mushrooms. It seems that there was a 19th century Russian noble called Count Pavel Stroganoff who was something of a gourmet and a bon viveur. The name of the dish is generally attributed to him allegedly because either he or his chef came up with the recipe. But since a recipe by this name appeared in [Elena Molokhovets's classic Russian cookbook](#) in 1861, well before his reputation as a gourmet had developed, it seems more likely that the recipe had been in the Stroganoff family for years and became well-known through Pavel's entertaining. (Incidentally, the 1861 version calls for beef cubes, rather than strips, cooked with bouillon and mustard – no onions and no mushrooms.)"

### Ingredients:

Leftover roast lamb – about 2 cups, cubed (or 2 cups raw lamb, cubed)  
 12 (approximately) chestnut mushrooms  
 1 medium onion  
 1 clove garlic  
 1/2 c. cream  
 2 Tbsp. butter  
 2 Tbsp. flour  
 a splash of sherry (optional)  
 1/4 tsp. paprika  
 1/2 tsp. dried rosemary  
 1 cup lamb stock  
 salt & pepper to taste

### Directions:

Cube the lamb, crush the garlic and slice the onions and mushrooms. Heat the butter in a heavy-bottomed frying pan and sauté together the onions, garlic and lamb. If the lamb is pre-cooked, sauté the onions and garlic until the onions are translucent and beginning to brown, then add the lamb to heat through. Add the mushrooms at the very end, as they need minimal cooking.

Once the mushrooms, onions, lamb and garlic are done, remove from the pan with a slotted spoon and keep warm. Stir the flour into the pan juices, stirring to pick up any bits sticking to the bottom of the pan. Cook for a minute or two, then add a splash of sherry (optional), the paprika and rosemary, followed by the stock. Mix well and remove from heat before adding the cream, stirring all the time to prevent lumps. Return to heat and stir to get a smooth sauce. (If the sauce is too thick, add a little milk to thin it.)

Stir the lamb, onion and mushroom mix into the sauce, heat through and serve on a bed of creamy mashed potatoes.



Jeanne Horak – <https://www.cooksister.com/2007/11/if-life-gives-y.html>



# TROLL

## UNIVERSITY


MOUNT HOREB AREA HISTORICAL SOCIETY

**Saturday, Sept. 28 - Sunday, Sept. 29**  
 10am to 3pm each day

Your Professor is Special Guest Presenter Britte Rasmussen Marsh, Portland-based writer, educator, Scholar of the Scandinavian and recognized Troll Expert.

***One weekend, a millennia of Norse folklore and troll history.***

<b>DAY ONE</b>	<b>DAY TWO</b>
<p style="text-align: center;">(Saturday, 9/28)  <b>SESSION 1 (10am-12pm)</b>  <b>Trolls: A Retrospective</b></p> <p style="font-size: 0.8em;">Go back in time to the origin of man, the gods –and trolls, according to Norse mythology. Learn how trolls came to populate the forests of Nordic lands, and decide for yourself if it was inevitable that trolls and humans struggle to co-exist.</p> <p style="text-align: center; font-size: 0.8em;"><b>SESSION 2 (1pm-3pm)</b>  <b>Lore and Literacy: Transcribing the Trolls</b>            Trolls are amongst us; they have always been—or, at least, that's what a perusal of 16th to 19th century writing indicates. Explore the re-imagining and interpretation of trolls in early Nordic literature and lore.</p>	<p style="text-align: center;">(Sunday, 9/29)  <b>SESSION 3 (10am-12pm)</b>  <b>Trolls out of Chaos</b></p> <p style="font-size: 0.8em;">Investigate the shifting influences of a conflicted Europe during the World Wars, as illustrated by widely diverging troll narratives from Tolkien to Moomin. What can trolls teach us about taking sides in a world gone mad?</p> <p style="text-align: center; font-size: 0.8em;"><b>SESSION 4 (1pm-3pm)</b>  <b>Trolls of the Millenium</b>            The always-adaptable troll forges ahead into modernity, changing shape and form as society demands. Examine trolls in film, sculpture, marketing, gaming and the World Wide Web.</p>



Mount Horeb Area Historical Society  
 100 S 2nd St, Mt Horeb, WI 53572  
**(608) 437-6486**

TUITION

\$95/person • \$75/Members  
 Only 20 students will be accepted!

Includes box lunch each day catered by local eateries, two optional field trips (one per day; details TBA) AND a Troll University diploma and t-shirt!

Advance reservations required - call today to reserve your spot!



**Ojibwe, Sámi, and Nordic Artisans Explore Cultural Roots in New Exhibit at Vesterheim Museum**

DECORAH, Iowa —Vesterheim, the National Norwegian-American Museum and Folk Art School, presents the new exhibit “Leading with Our Hearts: Nordic, Sami, and Ojibwe Designs From Nature” with a free gallery talk by some of the featured artists on August 31, 2024, at 1:00 p.m. in the Museum Building. The exhibit is open from August 31, 2024, to April 13, 2025.

Artists presenting at the opening are Alison Aune (Duluth, Minnesota), Laurel Sanders (Duluth, Minnesota), Wendy Savage (Duluth, Minnesota), and Marlene Wisuri (Duluth, Minnesota). Other artists included in the exhibit are Chi Ma’iingan (Cloquet, Minnesota) and Dr. Lisa Savage (Binghamton, New York).



Ojibwe, Sámi, and Nordic artisans have always decorated domestic objects and ceremonial clothing with sacred patterns. Today, artists featured in this exhibit are preserving, reinterpreting, and revitalizing cultural patterns.

Traditional arctic designs, woodland and garden flowers, vines, leaves, and berries symbolize a spiritual relationship with nature. This exhibit shares the artists’ work as they explore and honor their cultural roots and ancestral traditions through art.

The exhibition, first shown at the Nordic Center in Duluth, Minnesota, is curated by Wendy Savage and Alison Aune.

This exhibit is made possible by a generous gift to the Vesterheim Annual Fund in loving memory of Floy Anderson Sauey by her daughters.

Vesterheim, the National Norwegian-American Museum and Folk Art School, welcomes people of all ages and backgrounds to engage in the conversation of the American immigrant journey through the lens of the Norwegian-American experience. Vesterheim offers innovative and interactive exhibits, classes, and programs, both at the dynamic campus and park in scenic Decorah, Iowa, and online at [vesterheim.org](http://vesterheim.org) and Vesterheim social media. For more information on exhibits, classes, programs, tours, membership opportunities, and ways to donate and volunteer, connect at [vesterheim.org](http://vesterheim.org), (563) 382-9681, and Vesterheim, 502 W. Water St., P.O. Box 379, Decorah, IA, 52101-0379.

**Homestead at Twilight**

Norskedalen’s Twilight Tour always creates fascinating and memorable evenings. At the start of the evening is a delicious three-course dinner catered by a local chef and accompanied by wine, music, and pleasant company.

Following dinner is a specially curated tour that you won’t find anywhere else as each year features a theme near and dear to Norskedalen and our mission. As guides lead visitors through the picturesque valley at the hour of twilight, they will experience the past as historic figures share their stories and how they made their mark in history.

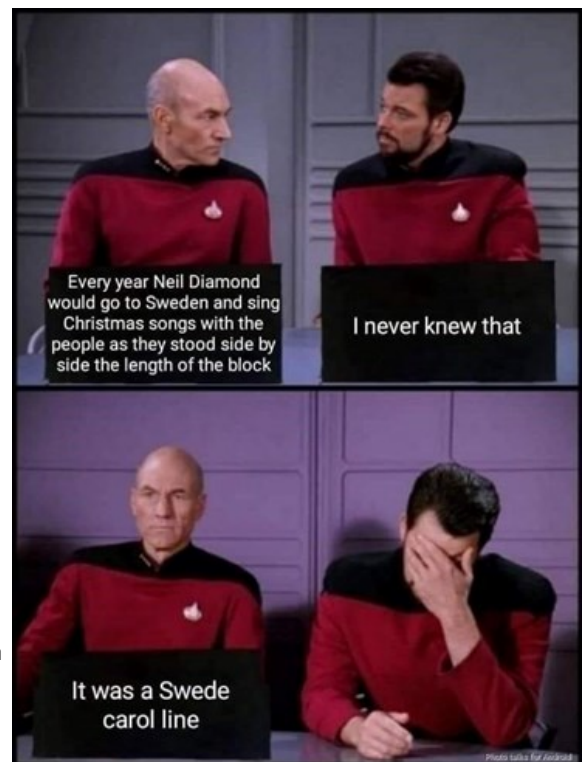
Dinner begins at 5:00 p.m. with the tour to follow. This year’s event will be held on September 8, 2024.

Reservations will be necessary to reserve your spot! 608-452-3424

**Sons of Norway Membership Benefits you should try!**

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

**#2- Films of Norway- Films of Norway** is an internet streaming service with a wide variety of Norwegian movies and TV series offered through a budget-friendly monthly or annual subscription. Watching these programs is a fun way to learn about Norwegian culture and improve your Norwegian language skills. Sons of Norway members worldwide are entitled to 1 free week and 25% off the regular monthly or annual subscription rate. <https://www.filmsofnorway.com/>



## A little in English...

### Successful outdoor vacation? Follow these tips

Do you want to take a pleasant vacation in Norwegian nature? Then you should be prepared.

Norwegians are known for hiking in forests and fields. Many foreign tourists also come to see Norwegian nature. Some areas are especially popular.

Walking in a crowd can make your trip less enjoyable. You may run the risk of it this year:

The Norwegian Tourist Association (DNT - Den Norske Turistforening) has a website with tour suggestions called UT.no. It has received a huge number of visitors this summer, compared with the same period last year.

"We've had a 43 percent increase in the number of users," says Veronica Solbak in a press release. She is an editor for UT.no.

DNT says this can show that interest in outdoor activities in Norway is high this summer. They have extracted the five destinations most searched for on the website. They are:

Dronningstien in Hardanger, Aurlandsdalen, tour of Hardangervidda, Romsdalseggen and Trekanten in Trollheimen.

Are you dreaming of one of these travel destinations? Maybe you should wait until another time if you want to avoid a lot of people.

No matter where you go this summer: Remember that experiencing nature requires something of you. Norsk Friluftsliv writes in a press release that the leave no trace movement is part of the right to roam. This means that we have a responsibility to leave nature as we found it.

"This means taking all trash home with you," says general secretary Bente Lier.

You must also not cut down healthy trees or do other damage to nature. In general, it's about not leaving behind evidence that you have been there.

### What is the right to roam?

- Allemannsretten—the right to roam—gives you the right to use open land freely. You can hike, camp and pick berries.
- Outland areas are forests, mountains, marshes and coastal areas. Inland areas are yards, house plots, cultivated land and the like. Inland areas are generally inaccessible.
- Along with rights there is also a code of conduct. This means showing consideration for others and for nature. You must not harm nature.

## Litt på Norsk...

### Vellykket friluftsferie? Følg disse tipsene

Vil du ha en hyggelig ferie i norsk natur? Da bør du stille forberedt.

Nordmenn er kjent for turer i skog og mark. Også mange utenlandske turister kommer for å se norsk natur. Noen områder er ekstra populære.

Å gå i flokk kan gjøre turen lite hyggelig. Kanskje risikerer du dette akkurat i år:

Den Norske Turistforening (DNT) har en nettside med turforslag som heter UT.no. Den har fått ekstra mange besøk i sommer. Tallene er sammenlignet med samme periode i fjor.

– Vi har en økning i antall brukere på 43 prosent. Det sier Veronica Solbak i en pressemelding. Hun er redaktør for UT.no.xx

DNT sier dette kan vise at interessen for friluftsliv i Norge er høy i sommer. De har hentet ut de fem turmålene det søkes mest etter på nettsiden. Det er:

Dronningstien i Hardanger, Aurlandsdalen, rundtur på Hardangervidda, Romsdalseggen og Trekanten i Trollheimen.

Drømmer du om ett av disse turmålene? Kanskje bør du vente til en annen gang om du vil unngå mye folk.

Uansett hvor du legger turen i sommer: Husk at bruk av naturen krever noe av deg. Norsk Friluftsliv skriver i en pressemelding at sporløs ferdsel er en del av allemannsretten. Det betyr at vi har ansvar for å etterlate naturen slik vi fant den.

– Det innebærer å ta med seg alt søppel hjem, sier generalsekretær Bente Lier.

Du skal heller ikke hogge i friske trær eller gjøre annen skade på natur.

Generelt handler det om at det ikke skal synes på naturen at du har vært der.

### Hva er allemannsretten?

- Allemannsretten gir deg rett til å bruke utmark fritt. Her kan du gå tur, telte og plukke bær.
- Utmark er skog, fjell, myr og kystområder. Innmark er gårdsplasser, hustomter, dyrket mark og lignende. På innmark er det ikke generelt en rett til å ferdes.
- Du har også allemansplikter. Det innebærer å vise hensyn overfor andre, og for naturen. Du skal ikke skade naturen.

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



## SEPTEMBER 2024



### OFFICERS TO CONTACT BETWEEN MEETINGS

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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  
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Membership Secretary*

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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--5pm



*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](http://www.norskedalen.org)

E-mail Address: [info@norskedalen.org](mailto:info@norskedalen.org)