



West  
Denmark  
~  
Family  
Camp  
2026

*Join the fun and learning...*

## June 30 & July 1, 2, 3, 2026

**W**elcome back to West Denmark Family Camp 2026, the 49th year since Family Camp began. Since 1978, West Denmark Family Camp has modeled the philosophy of the historic Danish-American Folk School. For 3+ days, attendees from all generations gather to create community in various ways. We listen to speakers together, we learn from each other, we enjoy nature around us, we sing, play, dance, and do crafts together, we eat together, we visit with old friends and make new ones, all of which fosters a rich experience for all who attend.

**Back by Popular Demand! July 2, 12:45-1:30 p.m.**

Recital at the church with Chuck Parsons, West Denmark Parish Organist, on the remarkable Rodgers organ, with other WD musicians, including you.

## SCHEDULE

### Sunday, June 30

**6:00 p.m.** Join us behind the Hall for the Annual Root Beer Float Ice Cream Social. Following this, we will move upstairs for singing with Harry & Chris, orientation to crafts & activities and optional signup.

### Wednesday, Thursday, Friday July 1, 2, 3

- 8:45 Singing with Harry & Chris (upstairs)
- 9:30 Morning Coffee (outside)
- 9:45 Children's Dancing with Gwen (location TBA)
- 10:30 Welcome & Announcements (upstairs), followed by Morning Speaker & Discussion
- 12:00 Noon Meal: Buffet indoors, seating inside or outside. Nisse clues announced.
- 1:30 Crafts, Activities, Special Interest Speakers (various locations)
- 3:30 Afternoon Coffee (outside)
- 4:00 Afternoon Speaker & Discussion (upstairs)
- 5:30 Supper: Buffet indoors, seating inside or outside. Nisse clues announced.
- 6:30 Folk Dancing with Shawn (upstairs)
- 7:30 Singing with Lisa (upstairs)
- 8:15 Wednesday, Thursday, and Friday Evening Entertainments.

## Speakers 10:30 am and 4:00 pm daily in the Hall

### Wednesday, July 1

**10:30 Bruce Sonnenberg:**  
"Words from an Ojibwe Elder"

Bruce is a tribal elder of the St. Croix Chippewa Band of Wisconsin. He will give a short history of himself followed by a discussion of traditional foods and harvesting, gratitude for his teachers, and spirituality and prayers for food and people.

**4:00 Shawn Gudmunsen:**  
"Music & Mental Health:  
A Guide to Self Regulation"

Shawn is a UW-River Falls faculty member, clinician, and workshop presenter. His interests lie in cultural music projects abroad, the local choral community, and music education research focusing on music and mental health.

### Thursday, July 2

**10:30 Mike Lannoo:**  
"The Gain in Brain I'm Happy  
to Explain"

Mike has taught Medical Neuroanatomy to Indiana University medical students for 35 years. Presenting a bucket of preserved healthy and diseased brains and spinal cords, he will discuss the human nervous system and provide gloves and masks for campers handling tissue.

To register online, go to: [www.westdenmark.org/camp](http://www.westdenmark.org/camp)

**Speakers, continued next page**

## Afternoon Crafts & Activities

### Annual Nisse Hunt

Registered Campers can hunt for the hidden Nisse on the West Denmark grounds (avoiding the parsonage woodpile). Clues are read aloud at each meal and also posted.

Hunters must be registered and we encourage parents to assist their young children.—Henrik Strandskov & Jonathan Wilson (3 days or until found)

### Knitting

Bring leftover yarns and patterns from your stash and needles in corresponding sizes and we'll explore how to turn leftovers into functional items. Think kerchiefs, mittens, hats and more. —Betty Christiansen (3 days, ages 13+)

### Use a Wood Fired Pizza Oven

Learn how to bake in West Denmark's new pizza oven! We'll bake a few pizzas and then put together a pie or two and a loaf of bread or two.—Christy & Jeff Wetzig (one day - TBD, all ages)

### Wooden Kazoos

Make the world's funniest instrument out of the world's loveliest material, wood.—Karl Wicklund (kids under 13 with accompanying adult; \$5, 3 days)

### Recorder Workshop

Bring your recorder to this fun workshop. Learn some new songs and perhaps play at the Evening Entertainments.—Liz Dodge (July 1 & 2, ages 5+)

### Sound Healing

Relaxing with sound can bring rest and peace. Terri uses her harp, voice, and other instruments to guide us into relaxation.—Terri Tacheny, harpist (July 2, church loft, limited to 10-12 adults)

### Wooden Dragonfly

Carve and sand an amazing toy that dates to 300 A.D. in China. Bring a carving knife if you have one.—Kevin Bevis & Jonathan Wilson (3 days, children under 13 with accompanying adult)

### Young Children's Craft

Make your own beautiful butterfly and watch it come alive. —Arlene West & Lily Bevis (one day - TBD, ages 2-10, young ones with adult)

### West Denmark Cemetery Walk

Take a guided walk through the cemetery to learn about its history and hear stories about interesting people and grave stones.—Paul Petersen (one day - TBD, all ages)

### Cribbage Tournament

Begins July 1. Bring your own boards if possible.—Rich Oates (3 days)

## Activities at Other Times

### Morning Wellness Meditation

Learn techniques for meditation to reduce stress and improve health. —Judy Grumstrup & Tom Scott (3 days - 8:15 a.m., church loft, ages 12+)

### Older Youth Activities

Family Camp provides supplies for a choice of activities: board games, hacky sack, water color painting, crochet, bracelet making. Bring your own instrument for jam sessions.



**QUESTIONS or CONCERNS?**  
Ask a Family Camp Committee member. They all wear a large 'stork button' that says —“Committee Member.” They are happy to help you!

## Speakers, continued

10:30 am and 4:00 pm daily in the Hall

### Thursday, July 2, continued

#### 4:00 Keenan Jones: “Saturday Morning at the ‘Shop’: A Storytime Celebration”

Keenan is an award-winning children's book author and middle school language arts teacher. His interactive presentation for children and families highlights the vibrant world of the neighborhood barbershop, blending storytelling, art, and community connections.

### Friday, July 3

#### 10:30 Britta Petersen: “Grass is Good! The Grassland Ecosystems of Wisconsin and Ongoing Efforts to Restore Them”

As a biologist with Pheasants Forever, Britta has worked with landowners in SW Wisconsin's Driftless Region to restore prairie habitat. Her major areas of interest are what the landscape offers, native plants, and encouraging women to work in natural resource conservation.

#### 4:00 Connie & Jon Wicklund: “Scent Fun with Dogs”

Connie and Jon bring over 30 years of experience in training bloodhounds for search work and obedience. Connie and her dog Mack compete in trials, continuing her dedication to ongoing learning and excellence in training. Plan to meet well-trained dogs!

### Staying Healthy at West Denmark Family Camp

*Family Camp strives to create a safe and healthy space for all. Please be considerate of others and yourself, and stay home if you have symptoms or have been exposed to any contagious illness. We ask everyone to support themselves and our community with the utmost care.*

*Thank you for your understanding and cooperation.*

### Be sure to register by June 15!

Maximum number for dining is 120 persons. We sometimes reach our maximum in early- to mid-June, in which case we cannot guarantee meals to those who are the last to register. So, please register early.

#### Two Ways to Register:

- Online credit card payments (via PayPal): Go to the WD Family Camp website to fill out and submit the registration form: [www.westdenmark.org/camp](http://www.westdenmark.org/camp).

- Check payments: Print and fill out the registration form and include it with a check, made payable to WD Family Camp. Mail to: Judy Grumstrup, 2497 170th Street, Luck WI 54853.

Register online at: [www.westdenmark.org/camp](http://www.westdenmark.org/camp)