



NYHETER BREVET

-A NEWSLETTER-

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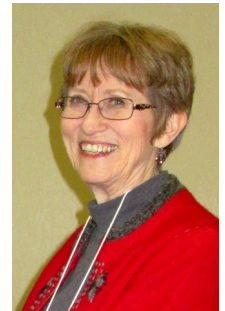
ORD FRA DIN VALKYRIEN LOSJE PRESIDENT

(Words from your Lodge President)

Kjaere Lodge Members,

At this time of year, we think of all the blessings we have but in 2020 it may seem difficult. We want things like they were in previous years. How did our ancestors handle the 1918 pandemic? Did they have the same feelings and reactions? We are not alone in this. The whole world is dealing with it.

Our Thanksgiving Day will look different this year with only the two of us here eating a meal, but I will try to fix the traditional meal of turkey, stuffing and pumpkin pie. We will see our three daughters and families by way of FaceTime. We still can feel thankful we have enough food, shelter and clothing. Find and celebrate the little things. We need to stay positive and try to reach out to those who are really in need — food pantries, homeless shelters, free clinics, etc..



To repeat a previous email I sent out about our meetings: With the virus still raging in our area, the board has decided to cancel meetings to the end of the year. We need to hold an election of officers by email so when the nominating committee is ready with the slate of officers, I will send out an email vote on that regard.

If you are still walking, keep sending me your miles for October and November. The activity will end on Dec. 15 so we have one month to go. We need 2300 miles more to make it home. As Christmas approaches and you need a gift, I still have Navy sweatshirts size L and XL with the saying: "Explore Your Nordic Heritage" and aprons. The district has made decks of cards with submitted Scandinavian scenes. We could send in a group order for sets and save on the cost. One set is \$14 but if we order 10 decks they are \$10 each. Sandra Olson has one of her photos included in the deck. Let me know before December 1 if you are interested. They make great Christmas stocking stuffers.

Many Lutheran colleges are doing their Christmas concerts online. Go to their website for details to be able to enjoy Christmas concerts safely in your home in December. Some will be on public television in December too.

I also want to extend our sympathy to Arlys & Don Olson on the death of her brother, Jerry Timm. It is a difficult time to lose family members and plan funerals.

Whatever your holidays look like, please be safe and take care.



Vennlig Hilsen
Audrey Severson
President





*We missed the birthdays of
two members:*

Karen Esanbock - November 01

Sandy Olson - November 09

Wishing you both belated Happy Birthday!

NOVEMBER—DECEMBER

Ron Thompson	Nov. 15
Chuck Bricton	16
Jo Anne McQuitty	18
Pat Schumacher	Dec. 11
Don Olson	14
Carol Forsythe	14
Einar Sandom	18
Gordon Hendrickson	27

We're Retiring...

Don and I no longer will be editing the
bimonthly newsletter.

Nyheter Brevet

We think that we need some "new blood" to take over this
position and are asking one of our members to do just that!
We will be available to answer any questions and help you out.

Please call Pat Sandom or Mary Lesterud if you would like
to put your name in for the position.

Don and Arlys

We Send Out Best Wishes and Prayers To:

PAUL VANDERSTEEN

He was diagnosed with lung cancer awhile ago. He underwent
his first round of chemo, but then contracted Covid-19 and
was hospitalized for three weeks. On Nov. 11th, he reported,
*"I have now been home for two days and gradually getting
my strength back."*

2020

Valkyrien Lodge Officers & Directors

President:

Audrey Severson (715-273-5019)
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Marshal & Technology:

To be determined

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Chuck Bricton (715-495-0720)
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Program Director :

Randi Hoffman (715-684-5105)
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Syttende Mai Co-Chairs:

To be determined

Nyheter Brevet is published six times yearly beginning
with the Jan-Feb issue. Please submit any news items to
Arlys Olson, Editor, by the 30th day of the months of De-
cember, February, April, June, August and October to be
included in the following month's publication. Email your
submissions to: olsondon@hughes.net



The mission of the Sons of Norway is to promote and to
preserve heritage and culture of Norway and to
celebrate our relationship with other Nordic countries and pro-
vide quality insurance and financial products to our members.
For information contact: www.sofn.com

JOIN US JULY 18 - 31, 2021



MASSE MORO
Masse Moro Norwegian Language Youth Camp
Learn more at www.massemore.org



Sons of Norway District 5 is in the process of hiring an Assistant Camp Administrator for our Masse Moro Norwegian Language Youth Camp. Please share this job opportunity with other Valkyrien Lodge members and those who may be interested in this position. The Assistant Masse Moro Camp Administrator will work closely with me this camp year (2020-2021) and then take on the position as Administrator following.

The major duties include:

- Promote and market Masse Moro Norwegian Language Camp
- Interact with camp directors to assist and oversee the day-to-day program
- Assist in the hiring of Masse Moro staff
- Oversee background checks on staff and volunteers
- Working with the District 5 Youth Director to attend and supervise Masse Moro camp in Fall Creek, Wisconsin from July 16 – 31, 2021
- Run a “Virtual Masse Moro Camp” if our 2021 camp is cancelled due to COVID.

For the complete job description see:

http://www.sonsofnorway5.com/programs/masse_moro_heritage_camp.php

To learn more about Masse Moro, visit: www.massemore.org

Resumes should be emailed by December 4, 2020 to Tom Boudreau: sjbergh4364@gmail.com

Tusen Takk,

Sandra Olson, Youth Director

Masse Moro Administrator

Sons of Norway – District 5

733 250th Street

Woodville, WI 54028

(651) 208-3333

packerland@baldwin-telecom.net

A 1,200 YEAR-OLD SWORD

Vegard Høystad-Lunna was roaming the fields of Innlandet County in Norway with his metal detector when suddenly he heard a loud series of beeping sounds. His device was hovering over an iron object buried about three inches below the surface of the ground.

Høystad-Lunna bent over to investigate further, thinking it was almost certainly just some old scrap metal. He was about to continue on when, upon further examination, he noticed the object looked as if it was an oblong shape, rusty, and bent, so he decided to keep digging.

“First, the hilt and the guard appeared. Then I saw it was a sword,” said Høystad-Lunna. He was immediately overjoyed and very excited.

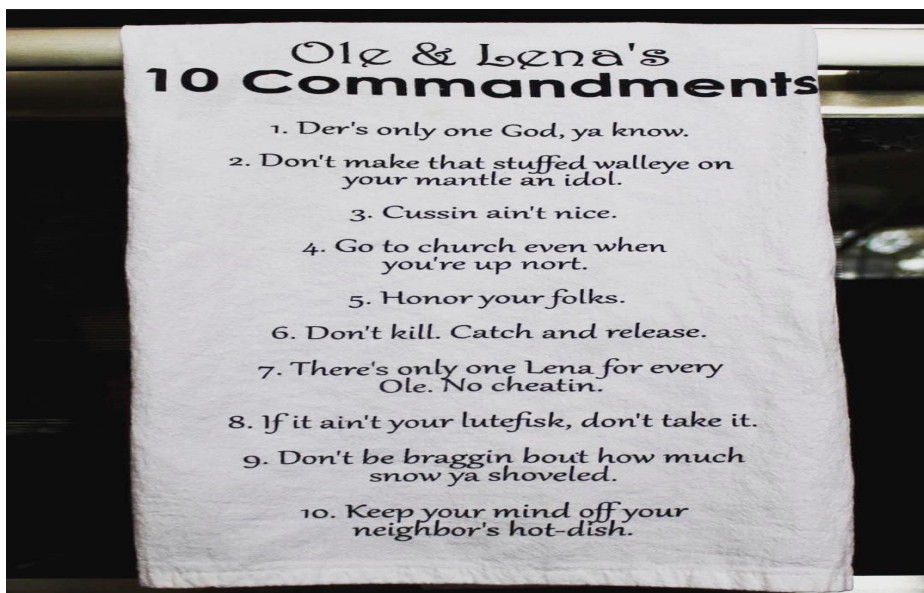


The sword dates to the early Viking age and is approximately 1,200 years old. It even has preserved remnants of leather or some type of cloth around the grip of the sword. A find of a complete sword like this is incredibly rare. Most whole swords were discovered in the 19th century, and it is especially uncommon to find an intact sword on developed property, as this one was, since most are broken apart by ploughs or other machines.

When Høystad-Lunna found the sword, the first person he called was archaeologist Lars Holger Pilø. Pilø was amazed by the find and emphasized that it is quite rare to find a sword in such good condition. He said it is much more common among amateurs with metal detectors to uncover smaller objects like jewelry or buckles.

Pilø commended Høystad-Lunna for his efforts to do things correctly by contacting an expert, and he stressed that it is very important for folks using metal detectors to follow proper procedures and protocols to preserve the integrity of the archaeological treasures they unearth. Høystad-Lunna started using a metal detector in 2015 and has found a number of significant items including a gold charm from the Roman period.

From Sons of Norway's *E Post*, 10/15/20



Lloyd Newborg
sent this and
thought
that we all
needed little
bit of humor.
Thanks!

Send in a Song for Sons of Norway's 125th Anniversary Party!

To round out our anniversary year in a spirit of festivity and virtual togetherness, we will be hosting a three-day virtual event on December 8, 9 and 10. You can help us celebrate by showing off your musical talents as a featured part of the festivities!

We are seeking video recordings of all age groups playing a musical instrument and/or singing. These performances will be available for viewing on YouTube and on our website. See below for details

Submission deadline: November 30, 2020

For more information about our 125th Anniversary Virtual Party visit sofn.com/125years/virtual-party/

Video Submission Guidelines

- Before you start recording, rotate the phone to the landscape orientation (sideways) so it records in wide-screen format.
- Record in a location where there is indirect natural light on your face, for example near a window during the day. Avoid having the light source behind the performer.
- Record in a quiet space with minimal background noise.
- Avoid zooming in – this creates poor video quality and cannot be reversed.
- Place the phone on a sturdy surface or use a tripod. Shaky videos will not be used.
- Video format should be MP4, M4V or MOV. Send your finished video by email to: avuletajensen@sofn.com
- If the video is too large to send by email, you can compress the file before sending, or create a Dropbox account and share the folder with avuletajensen@sofn.com.

Please include the following information in your email:

1. Performer's first and last name
 2. Lodge name and number
 3. Name of the song and instrument(s) being used Sons of Norway will not use videos that do not adhere to these guidelines.
- By sending a video, you agree to allow Sons of Norway to post the video as part of our 125th Anniversary Virtual Party, which will be available for public viewing. For more information, visit sofn.com/125years/virtual-party/.

NORWEGIAN PIZZA WITH SALMON

Recipe and image from [Sweet Paul Magazine](#)

Add a Nordic spin to your next pizza night with this tasty creation from Sweet Paul. The smoked salmon makes a surprisingly delicious topping that melds perfectly with the herbs and goat cheese, while the honey adds a touch of sweetness to the crust.

Dough:

1 cup warm water
1 Tbsp. honey
1 Tbsp. dry yeast
2 1/2 cups flour
1 tsp. salt
4 Tbsp. olive oil

Toppings:

3 plum tomatoes, sliced
1 cup crumbled chèvre (goat cheese)
2 Tbsp. olive oil
salt & pepper
6 oz sliced smoked salmon
arugula leaves

Herb Sauce:

1 1/2 cup parsley leaves
1/4 cup toasted pine nuts
olive oil
salt & pepper



Serves 4-6

1. Start with the dough.
2. In a bowl mix water, honey and yeast.
3. Leave it for 5 minutes so that the yeast starts to work.
4. Add flour, salt and oil.
5. Work the dough together.
6. Cover with plastic and let it rise for 1 hour.
7. On a baking tray press the dough out with your fingers to form a large pizza.
8. Next, top the pizza with tomatoes and chèvre, and drizzle with oil, salt and pepper.
9. Bake at 400°F until golden, about 15 minutes.
10. While it bakes, chop the parsley and pine nuts on a chopping board.
11. Place in a bowl and add enough oil so it forms a thick sauce. Season with salt and pepper. Take out the pizza and add smoked salmon, herb sauce, and arugula.

**Recipe by Paul Lowe from Sweet Paul Magazine: <http://www.sweetpaulmag.com/food/norwegian-pizza-with-smoked-salmon-goat-cheese-amp-herb-oil>