



NYHETER BREVET

-A NEWSLETTER-

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ORD FRA DIN VALKYRIEN LOSJE PRESIDENT

- Words from our Lodge President -

Hilsen,



As we wait for the snow to melt and spring to finally come, those participating in the Barnebirkie Ski Race were overjoyed with all the snow! Again, we provided "lotsa cookies" for the event. We thank Tom Gunderson for picking them up at the Cookie Factory in River Falls and to Sandra Olson who took them up to Hayward. We also salute Don Olson and Einar Sandom for finishing their 33rd and 32nd Birkebeiner.

Our March 26th Lodge Meeting will feature a demonstration of spoon carving by a couple from the Twin Cities. Invite all your wood carving friends to attend. In April, our meeting will feature a Minnesota author—Candace Simar from Pequot Lakes, MN. She has written a number of books about Scandinavian communities during various times in the history of the U.S. She has written five books on the 1862 Sioux Uprising on the Abercrombie Trail. Her latest 2018 release is *Escape to Fort Abercrombie*. She has also written about growing up with her sister on a dairy farm entitled *Farm Girls*. Candace has won Midwest Book Awards in Historical Fiction and has been a featured speaker at many Sons of Norway Lodges. She and her husband will be driving here from far northern Minnesota and she is asking for a host family's lodging on the evening of the 26th following our regular meeting. If anyone of you would like to help her out and offer to lodge them for the night, please let me know.

We have a few members interested in our Bowling Tournament this year. We pick our own date for this and send in our scores. Bring along friends, relatives and maybe grandchildren. If interested, please e-mail me.

Syttende Mai will be here before we know it. So think about what you will bake for our food sale or volunteer for help that day.

Audrey Severson, President

apseverson@gmail.com

MARCH

Lodge Meeting
March 26th

Lunch at 6:30 PM—Servers
Don & Arlys Olson
Einar & Pat Sandom

Program at 7:00 PM
Michele & Erik Vevang
Demonstration of
Spoon Wood Carving



APRIL

Board/Directors Meeting
April 2 at 1:00 PM

Lodge Meeting
April 23rd
Lunch at 6:30 PM—Servers
Carol Forsythe
Audrey Halverson

-Program-

Author Candace Simar
Starts at 7:00 PM
See information above

MAY

NO LODGE MEETING

We will be busy getting
ready for our big celebration of

SYTTENDE MAI

On Sat. May 19th

Judy Johnson - Chair
Susan Faber - Co-Chair

Please sign up as a
volunteer when the
sign-up sheets come
around.



Valkyrien Lodge Officers & Directors

Norway's "Noah's Ark" Seed Vault Chalks Up A Million Crop Varieties

Dubbed the "Noah's Ark" of food crops, the Global Seed Vault is located deep inside a mountain on Svalbard, a remote Arctic island in a Norwegian archipelago and has the capacity to store up to 4.5 billion seeds.

Launched in 2008, the Svalbard vault marked its 10th anniversary by taking shipments of more than 76,000 seed samples, with depositors from all over the world delivering crops such as black-eyed pear, the Bambara Groundnut and the Estonian Onion Potato.

Although housed in Norway, the seeds belong to the donor states and institutions and they can withdraw them at their convenience. The delivery raises to 1,059,646 the overall "doomsday vault" since it opened on February 26th, 2008, in with the aim of providing a "fail-safe seed storage facility, built to stand the test of time and the challenge of natural or man-made disasters."

The vault currently has 962,216 varieties as some Syrian grains were withdrawn with the aim of re-introducing local strains after the fighting in Aleppo ended.

There are 1,700 gene banks around the world that safeguard collections of food crops and many of these are exposed to natural disasters and wars, according to the independent Global Crop Diversity Trust.

Located 1,000 kilometres (620) miles from the North Pole, Svalbard archipelago, which is twice the size of Belgium, counts 2,300 inhabitants and is considered the ideal place far from civil strife.

www.thelocal.no; Feb. 27, 2018

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

For information contact www.sofn.com



President:

Audrey Severson (715-273-5019)
apseverson@gmail.com

Vice President:

Babe Jacobson (715-684-3159)
lbj@baldwin-telecom.net

Secretary:

Sandra Olson (715-698-3433)
packerland@baldwin-telecom.net

Treasurer:

Don E Olson (715-235-8272)
olsondon@hughes.net

Counselors:

Sandra Olson (715-698-3433)
packerland@baldwin-telecom.net
Audrey Halverson (715-273-5650)
audjhalver@yahoo.com

Cultural Director, Librarian & Bookclub:

Judy Otterson (715-265-7027)
gojo_otterson@yahoo.com

Program & Social Directors:

Betty Norvold and Susan Faber

Newsletter Editor, Publicity & Sunshine

Arllys Olson (715-235-8272)
olsondon@hughes.net

Greeters:

Pat & Einar Sandom (715-386-3831)
esandom@hotmail.com

Language Instructor:

Don E Olson (715-235-8272)
olsondon@hughes.net

Marshals:

Jerry & Judy Johnson (715-688-9138)
Judy_54028@yahoo.com

Music Director:

Chuck Bricton (715-772-4523)
brictson@wwt.net

Syttende Mai Celebration:

Judy Johnson—Chair, Susan Faber Co—Chair

Financial Benefits Counselor:

Tom Kunkel (715-828-4993)
tomkunkel@yahoo.com

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 months December, February, April, June, August and October to be included in the following month's publication. Email your submissions to olsondon@hughes.net.

THE BARNEBIRKIE - 2018

Featuring volunteers from Sons of Norway's District Five

Editor's Note: A special thank you to Cheryl Wille-Schlesser, District 5 Youth Director, for the photos and information she sent for use in this issue. She is a member of Vennelag Lodge in Mount Horeb, WI.

As part of the **American Birkebeiner XC Ski Race** (the largest in North America) the **Barnebirkie** ("Children's Birkie") came about in 1987 for the younger skiers, with the age groups today ranging from 3 to 13. This year over 1,000 kids participated. For years, District 5 has supplied and "served cookies by the thousands" for the kids and family members as their youngsters



finished their ski event. *"We are proud to represent our Sons of Norway District each year as the Nordic lifestyle is celebrated in the Midwest. Over the years, the American Birkebeiner has had participants from 49 states and 36 countries," Cheryl commented.*"

For their efforts, District 5 earned the Shellie Milford Spirit of the Birkie Award (photo right) for over 30 years of service to the Foundation.

Left (left to right) Andrew Johnsen, District 5 President, accepts the award. Next is Bill Bosak (Dovre Lodge), Michaela Decker, D5-Sports and Recreation Director from Nordlyset Lodge, and Cheryl Wille-Schlesser the D5 Youth Director from Vennelag Lodge.

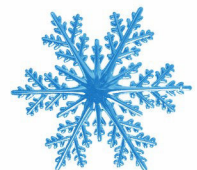


Volunteers assist with such things as serving the cookies and helping to move materials across Hayward as needed. (Note: The cookies are all free but being frugal Norwegians, there was a charge for a good cup of coffee.) In addition, other members meet and greet the classic skiers at the Expo Center. Others are involved in planning and preparing a luncheon for the "Birkie" volunteers and the Ski Patrol staff.

David Hermundson (center-front) from District 5 Board of Directors along with many other volunteers.



Volunteers Florence Weiss (left), Dovre Lodge in Chetek and Sandy Olson from Valkyrien Lodge take time out for a photo.



The Barnebirkie—2018

-Continued-

A newer addition to the American Birkebeiner event is the **Barkie Birkie Skijor**, an opportunity for even the canines to show off their “Barkie Fever” !

Skijoring combines cross country skiing with dog power. The term is derived from the Norwegian word *skikjøring* meaning ski driving. The skier is attached to his/her dog with a belt and tow-line. The dog then runs ahead as the skier skis. Skijoring is a team sport which allows both human and canine counterparts to exercise and enjoy the great outdoors.

The sport has been around for hundreds of years in Norway, and originally began using reindeer and wooden skis. The sport also uses horses, but dogs are now the most common animal used in skijoring.

When Sandy Olson was up to Hayward helping out at the Barnebirkie, she took this photo of the event. Look closely at the lead dog and you can almost see him/her barking !



Preview of the District 5 Convention



LaCrosse WI, June 27-30, 2018 - Following the snow of the Barnebirkie in February, we look forward to The Fifth District Sons of Norway Convention to be held at the Radisson Hotel in beautiful LaCrosse, WI. This will be hosted by the Wergeland Lodge and begins with registration on Wednesday, the 27th at the hotel. On Thursday, there is a bus tour scheduled which includes Westby Country Coon Prairie Church, Westby Ski Hill and a Norskedalen Tour.

Norskedalen, which means the Norwegian Valley, began in 1977 as an outdoor lab and arboretum when Dr. Alf Gundersen and his wife donated the 112-acre farm to the University of Wisconsin-LaCrosse Foundation.

Since that time, it has grown to include over 400 acres of wooded coulees, cold springs, creeks and fields. There are over 5 miles of nature trails. The Bekkum Homestead features the original log buildings built by Norwegian immigrants to the region. The Visitor's Center offers vast information about the Cooley Area.

There will also be cultural classes featuring Hardanger, knitting, Sami bracelets and genealogy. For more information about the convention, go on line and log into sonsofnorway5.com and check it out.

LODGE LINES



Congratulations to the following lodge members who will be celebrating their birthdays soon:

MARCH:

31 Bernard Kittleson

APRIL:

2 Tom Gunderson
11 Lorraine Dickman *
15 Nancy Hawkinson
17 Babe Jacobson *
18 Pat Sandom
24 Susan Faber

* Golden Members

MAY:

10 Mark Helling



Church Bulletin Bloopers

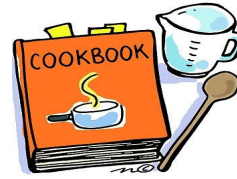
Remember in prayer those who are sick of our church and community.

**

The Senior Choir invites any member of the congregation who enjoys sinning to join the Choir.

**

The new loudspeaker system has been installed in our church. It was given by one of our members in honor of his wife.



CHILI CONTEST WINNER

February 26th - The Chili Contest was held at our last Lodge Meeting and we have a winner! This year, it was Susan Faber who won the “coveted prize” for her recipe.

When I asked Susan for the recipe, she said that she really doesn’t use a recipe per se ... she just takes the ingredients and mixes them together. (*Editor’s Note: I’ve known Susan for many years and she not only had a fantastic cook for a mother, but she also cooked at the University of Wisconsin–Stout for many years prior to her retirement.*) She serves as co-chair of our Syttende Mai Food Sale and has her “hands full in the kitchen” that day.



Above, Susan (left) receives her award from President Audrey Severson at our Lodge Meeting. Congratulations!

Chili recipe and other Lodge Meeting information on the next page.





LODGE LINES

SUE'S WINNING CHILI RECIPE

INGREDIENTS:

2 # hamburger	1 lg. can tomato soup (or two small cans)
2-3 stalks of diced celery	1 (14-15 oz.) can seasoned diced tomatoes (any variety you like)
1 medium size onion chopped	1 quart of tomato juice
1 can chili beans (14-15 oz.)	2 tablespoons brown sugar (or maple syrup)
1 can dark red kidney beans (14-15 oz.)	Salt, pepper and chili powder to taste

DIRECTIONS:

Brown and drain the hamburger, add celery and onion and sauté. Mix in the beans, tomato soup, seasoned tomatoes and tomato juice. Then add sugar. or syrup, and seasonings to taste. Cook slowly on stove top for an hour or more **or** in a crockpot on slow for approximately 5-6 hours.

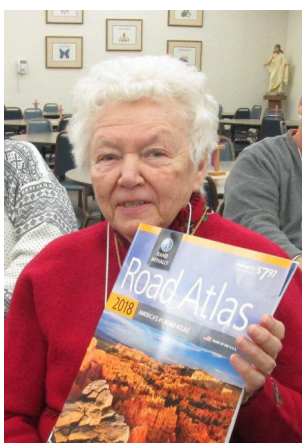
MORE FROM OUR FEBRUARY LODGE MEETING ...

It took awhile but we finally announced the winners of our Lutefisk Eating Contest which ended this past December . The contest was based on the number of meals of lutefisk a member eats from October 1st to our annual Christmas Party in mid December. Sandy Olson (*left*) won first place and received an Norwegian flag. Second place was won by Audrey Halvorson who received a road atlas. Congratulations and word has it that Sandy was still enjoying a stash of the lutefisk she had stored in her freezer. Do you suppose she might have any left for May 17th ... Hummm?

Einar Sandom and Don Olson reported on their 2018 Birkebeiner experiences. They now ski in a group called Wave 70 Skate & Classic ... or as the guys refer to it ... “the over 70 geezers.”!



Sandy Olson



Audrey Halvorson



Einar Sandom, Audrey Severson and Don Olson