



Valkryien

Lodge 53

NYHETER BREVET

SONS OF NORWAY DISTRICT 5, ZONE 1

ORD FRA DIN VALKYRIEN LOSJE PRESIDENT

Hilsen,

We were able to hold our first meeting of our lodge on April 26 at Zion Lutheran Church. It was great to see everyone again. We compared notes on what we did over the last year. Everyone was glad to be able to be out and see friends and relatives again.

Syttende Mai will be the highlight of this month. Woodville Lion's Club is planning a one day event that is scaled back without carnival rides or large activities on Saturday, May 15. Our lodge will serve from the American Legion building with pølse in lefse, grøt, Norwegian baked items and coffee available from 10 to 4 pm. The parade starts at 12:30 pm with our members walking or riding in our wagon. If you are able to bake, work that day or be in the parade, please call Audrey or Sandy Olson. Plan to eat lunch with us at the Legion.

Syttende Mai (May 17th) is usually celebrated in public with massive parades of school kids, russ (high school seniors) wearing blue and red coveralls, adults with bunader (folk costumes) and marching bands. It's a day for expressing cultural pride, excitement for spring and for appreciating the founding of an independent Norway. Fly your Norwegian flags if you have them.

Thanks to Erling Lestrud for submitting a story about his grandparents where they came from in Norway. Next edition will feature Barb Zimmerman's ancestors. Please submit a story of your immigrant families or call me with the details.

With no meeting in May, our next meeting will be on Monday, June 28. A board meeting will be planned for Monday, June 7 at 1 pm at Zion Lutheran.

Audrey Severson, President





As you receive mail with real stamps, please save them for the Tubfrim mission in Norway. This organization sells stamps to collectors to raise funds for children with disabilities and eradicate tuberculosis. Cut off the stamp leaving 1/2 inch margin around them and bring to our next meeting. They also will take postcards or envelopes over 50 years old.

Officers for 2021

President: Audrey Severson
apseverson@gmail.com

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Vice Pres.: Babe Jacobson

Secretary: Sandy Calvert

Treasurer: Don Olson

Social Director: Merlee Jensen

Cultural Director: Randi Hoffman

Marshalls & Greeters: Einar & Pat Sandom, Don & Arlys Olson

Auditors: Greg Warner
Ron Thompson

Foundation Director: Audrey Severson

Editor: Open

Membership Sec. Open

Items for Sale

Our District still has clothing items for sale as a fundraiser for the district foundation supporting Masse Moro.

Sweatshirt-Navy with “Explore your Nordic Heritage”

Hats: Navy or Black with “Norge”

Apron: Navy with “After a hard sea voyage Come home and Kiss the cook”

Deck of Cards: with Nordic pictures

Call Audrey if interested.

Gratulaterer med Dagen Happy Birthday

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|------|------------------------|
| May | 1. Merlee Jensen |
| | 2. Tom Gunderson |
| | 11. Lorraine Dickman |
| | 18 Pat Sandom |
| June | 17. John Mikkelson |
| | 22. Phyllis Kraft |
| | 22. Rosina Hendrickson |

Immigrant Stories from the Files of Erling Lestrud

As far as I know, my father's side came first to Spring Green, Wisconsin and then onto Grand Meadow Minnesota. They came from the Valdres Valley with towns like Aurdal, Bagn, Bruflat and Fagerness.

The adults had worked on farms as hired labor as were the 2nd and 3rd sons born so they had no land to inherit. One great great grandmother who was Thora Svvaradatter Skaren Lestrud came as a widow at age 45. She left four daughters in Norway and came with her son and one daughter. There was almost no future for a widow in Norway.

Most who came had knowledge of working with timber so that is what a lot of them did when they got here.

My mother's family came for much the same reason. America was suppose to be the land of milk and honey. When there was a drought in Norway, there was hardly enough food for the people or animals. Many of these relatives also settled first near Spring Green, Wisconsin. These relatives came mostly from the Eidsvoll area.

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More on Syttende Mai

After celebrating with us on Saturday, join another celebration with the Løven Lodge in Eau Claire on Monday, May 17. They are holding a take-out Syttende Mai Norwegian meal at the Holiday Inn South-Johnny's . Purchase tickets for \$20/meal by calling 715-834-5204 before May 9. Menu is cod, meatballs, potatoes, coleslaw, vegetable, lefse, and baked goods. Sounds like a full wonderful meal.

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Here is a review of words we have started to learn.

God dag Good day

God natt Good night

God kveld Good evening

Hva heter du? What is your name? **Jeg heter** _____. I am named ____

Hvordan har du det? How are you? **Bare bra, takk** Just fine, thank you

WW II Sport Boycott

Was any of your kinfolk imprisoned because of sports? One of the most remarkable Norwegian WWII civilian victories was within the Norwegian sporting clubs. Terboven and Quisling's Nazification attempts of Norway was through the sporting organizations. One of the most remarkable outbursts of spontaneous resistance ever to take place in a Nazi-ruled country occurred when Terboven tried to change Norway's sporting organizations. Norway's sporting clubs were run by leaders and staff who were voted into positions. Terboven appointed a "Councillor of Sport" and dissolved the Amalgamation Committee, appointing a central association, which was under Nazi control, and required all clubs to join. The response was "Boycott all sporting events of every kind so long as the Nazis are in control; don't participate in them, either as teams or as individuals, and don't patronize them as spectators." Asbjørn Halvorsen was among the figureheads of the sports boycott, and was arrested and sent to a concentration camp. Many other sports figures, including Reidar Kvammen, were also put in concentration camps. Until the end of the war, all non-Nazi sporting events were held under secret conditions, out of sight from the Germans. While 19 sporting events were held in secret away from the Nazis, the Germans failed at all their attempts to break the "sports strike." The strike lasted until the liberation of Norway.

Public TV - Atlantic Crossing

The Public TV program Atlantic Crossing has been very interesting to learn about Norwegian neutrality and German occupation during WWII. Norwegian Crown Princess Märtha while exiled in the USA had a personal and political influence on Pres. Roosevelt to help Norway. Check out your public TV listings to see the last few episodes or when it is repeated again at some future time.

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Old Churches in Norway

Do you remember your parents talking about women and men sitting on separate sides of the church during services? Why did they do this? It must have been a custom they brought with them from Norway. In the middle ages, people stood during church. Only the old and the infirm were allowed to sit on benches along the side. There was also a clear division between genders. Women stood on the north side of the sanctuary and men on the southside. When sitting was allowed, they still continued separation.

"When we investigated where in church rooms hairpins, beads and other objects associated with women were located under the floor boards, we found that more than 95% were below the north side of the sanctuary," said Svein Harald Gullbekk, a researcher at the University of Oslo.

EGG COFFEE

Scandinavian immigrants popularized this distinctive brewing method in certain parts of the United States, and it remains a regional favorite to this day. The egg does not flavor the coffee, but instead clarifies it by filtering out bitterness and impurities. The result is an unusually smooth and mild brew.

Norwegians love their coffee but that has not always been the case. The first break through of coffee in Norway was not until the 1800's when wealthy businessmen brought it home from their travels abroad. When prohibition of alcohol occurred 1917 to 1927, some think coffee soared then as the new social drink. Now it is a trendy drink with the increasing number of coffee bars in Norway. Its winter climate also pushes people to have a warm mug beverage. Another tradition is *turkaffe* (hiking coffee) in a thermos when out enjoying nature by foot or car. Nearly 80% of Norway's population enjoys coffee daily; they consume 21.82 pounds/person annually.

Have you tried egg coffee: Beat 1 egg in a bowl. Add 5 T. medium grind coffee and mix. Bring 7 cups of water to a boil. Add the coffee mixture and continue boiling until foam disappears in about 3 minutes. Remove from heat and add 1 cup cold water to the pot. This will help settle the grounds. Pour through a strainer to catch loose grounds.



Lena and Ole Jokes

When Lena tried to give the phone operator her phone number on a long distance call, the operator inquired, "Do you have an area code?" "No," said Lena. "Yust a little sinus trouble."

Karl: "Do you wake up grouchy?"

Ole: "No, I let her sleep."

Valkyrien Lodge Meeting

Monday, April 26, 2021—Zion Fellowship Hall

The meeting was called to order by President Audrey Severson at 7:00 PM.

22 Members in attendance

The Pledge of Allegiance was said, followed by the singing of the Canadian, Norwegian, and American National Anthems.

Moment of silence for two of our members who have passed away; Ila Sitlow and Lyle Jacobson.

Thank you to our servers Merlee Jensen and Ila Gillis.

Announcements:

1. Welcome to all, due to covid it has been over a year since we have been together.
2. Introduction of our two new members Theresa and Duane Odalen.
3. An update on our members who are not able to be here tonight was given.

Installation: District 5 Board member, Sandra Olson conducted the Installation of Officers for two year term: President Audrey Severson and Social Director Merlee Jensen and for a one year term for Marshalls: Pat and Einar Sandom and Don and Arlys Olson.

Medals and Pins Awarded to:

Sons of Norway membership pins to: Don Olson for 45 years and Kathy Pedersen for 25 years

Virtual Walk Medals – our goal of 4,036 miles was reached; participating Valkyrien Lodge members walked 6,526 miles. Congratulations to the following who received a sports medal and/or certificate: Carol Forsythe, Randi Hoffman, Mary Lestrud, Einar Sandom, Clair Severson, Audrey Severson, Don Olson, Sandy Olson, Einar Sandom, Ron Thompson Paul and Bette Vandersteen, and Greg Warner.

Free Time: Members were asked what they did the past year due to the staying at home due to the pandemic. Many innovative and creative experiences were shared from genealogy to refinishing a house.

Reports:

Meeting minutes and treasurer's report were approved as presented.

Treasurer's Report Balance as of 4/09/2021: Checking \$3161.30 Savings: \$7832.68

Old Business:

- Contact President Severson with any changes to the directory.
- Contact members of the Executive Board as to thoughts on changing of meeting times from evening to during the day. Recommendation that the church be contacted for the time that is available and then conduct a poll for input from the members as to their preference.
- Announced that two positions are still open: Membership Secretary and Editor
- Special Norske clothing is available – the funds go to the Nordic Legacy Foundation.

New Business:

1. **Syttende Mai** will be May 15; a one day event with a parade. Sandy Olson received approval to use the American Legion building for serving food (the Lion's Den is still not open due to covid). To rent a tent for this occasion was not fiscally reasonable. Sign-up sheets were passed: sign-up for members to work, to bake krumkake, rosettes, sandbakkels, and rommgrøt; and to march in the parade. A photo of the Sons of Norway float was shown to the members.
2. **Budget:** The 2021 budget was approved by motion.
3. **Masse Moro update** – Camp is going forward. The dates are July 18 – 31. Motion approved the award of \$200 Supporting Grant to each of the two camp applicants
4. Randi Hoffman is working on the **programs** for the rest of the year. Don and Arlys Olson have graciously opened their farm for to our Lodge for a picnic on July 26.
5. **Displays** were made for Sons of Norway recruitment; members are welcome to use them at their activities.
6. **By-laws** will be rewritten to add virtual activities and other information directed by International.

Motion adjourned at 8 p.m.

Tusen takk to Audrey Halverson for sharing her readings and homespun wisdom with us.

Board Meeting: **June 7**

Valkyrien Lodge Meeting: No meeting in May due to working at the Syttende Mai Celebration on **May 15**

Next Lodge Meeting: **June 28**

Submitted by: Sandra Olson, Acting Secretary

Jump on the Trend of Nordic Walking

You may have seen people out walking with a pair of poles, and wondered what became of their skis. Or maybe you were curious if that person has issues with balance.

A sport unto itself, Nordic walking provides a better workout compared to regular walking. Here are several reasons to give Nordic walking a whirl.

Nordic walking:

- improves your overall fitness level
- works your upper body and core muscles as well as your lower body
- provides more stability
- is low impact on joints
- helps recover from injury by taking pressure off legs and feet
- was invented in Finland to maintain skiers' fitness year-round
- can be done on any terrain

Getting started:

- Buy or borrow a pair of Nordic walking poles (priced new from \$50 to \$200)
(note: Nordic walking poles are different from hiking or skiing poles)
- Take a class or look up a YouTube video to learn proper technique
- Hit the trails or the park!
- Track your time or mileage for the Sons of Norway Sports Medal Program



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The mission of Sons of Norway is to promote and preserve the heritage and culture of Norway and to provide quality insurance and financial products to its members.

We welcome new members at any time. Share The Viking magazine with your friends or neighbors. Invite them to the next meeting. Our goal is four new members in 2021.