



NYHETER BREVET

-A NEWSLETTER-

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ORD FRA DIN VALKYRIEN LOSJE PRESIDENT

(Words from your Lodge President)



Hei Lodge Members,

Sandra Olson and I just returned from the October District Board meeting in Indiana. We serve as your Zone 1 (upper Wisconsin) representatives to the District 5 Board which covers the states of WI, MI, IL, IN, TN and OH. A special guest there was our Sons of Norway's International President, Ron Stubbing, who led a leadership seminar. He was very personable and interesting to meet. One of our Board members devised a board game to learn about sites in Norway to get to better know your fellow lodge members. Each lodge received a couple of the game boards to take home.

Start thinking about attending our District 5 Convention in Madison on June 24-28, 2020. We need at least two delegates from our lodge. Sandra and I are District Board members and do not count as lodge delegates so we are looking for two volunteers. Social activities are planned around the meetings to make for an interesting event.

To peak our interest in the International Convention, the District 5 Sports and Recreation Committee is promoting a Virtual Walk to Norway. They are challenging each lodge to get exercising and log our miles if we walk, run, swim or ski from now until June 15, 2020. Our lodge will donate 4 cents per mile of our total accumulated miles. Money raised by this virtual event will go to the District Foundation which supports Masse MorocCamp. So let's get going and see how far we can go.

Now that fall is over and it's beginning to feel like winter, the holidays will soon be here. Our November 25th meeting will get us in the holiday mood with a sing-a-long with the Parkview residents starting at 6 pm and followed by our lodge potluck at Zion Lutheran. Afterwards we will play the Norway board game that I received from the District meeting.

Please start thinking of any programs you would suggest for next year. Randi Hoffman has done a great job of programming this year but she could use your input on any interesting topics.

Our December Christmas Party will be at Erling and Mary Lestrud's home on Sunday, December 8th starting at 5:30 p.m. It is a potluck dinner so bring your favorite Christmas dish. We appreciate their commitment to again invite us to their beautiful home for this party..

Hilsen,

Audrey Severson

Lodge President





Our best wishes for a Happy Birthday go out to these members:

November: Chuck Bricton (11/16), JoAnne McQuitty (11/18)

December: Jerry Johnson (12/4), James Miller(12/9), Pat Schumacher (12/11), Carol Forsythe (12/14), Don Olson (12/14) Einar Sandom(12/18)

January: Mary Thompson (01/13)



Raspberry Ribbon Salad

*A favorite dish
From Carol Forsythe, A Lodge Member*

Raspberry

1- 6 oz raspberry Jello
1/2 cup sugar
2-1/2 c. boiling water
2-10 ounce pkgs. frozen raspberries
2 T. lemon juice
Dissolve Jello in water then add the sugar, berries and lemon juice. Stir the berries until they are separated. Jello should begin to thicken.

Graham Cracker

2 cups crushed graham crackers
2T sugar
3/4 stick of butter
Add sugar and melted butter. Mix well and set aside.

Cream

8 ounce cream cheese (softened)
2/3 cups powdered sugar
2 tsp. vanilla
1/2 tsp salt
1 pint whipping cream (whipped)
Mix together the cream cheese and powdered sugar and add this to the whipped cream. Add vanilla and salt..

Layer in glass bowl. Alternate these three layers putting crackers on top. (I layered some of the crackers also.

(Call me if you have any questions (715-530-2005)

2019

Valkyrien Lodge Officers & Directors

President:

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

Vice President:

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

Secretary:

Sandra Calvert (715-688-3610)
scalvert@baldwin-telecom.net

Treasurer:

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

Counselors: (Past Presidents)

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

Communications Directors:

Arllys & Don 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

Marshal & Technology:

Jerry Johnson (612-716-6327)
jerry_54028@yahoo.com

Membership Secretary:

Susan Faber (715-235-0847)
fabersue@yahoo.com

Music Director:

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

Program Director :

Randi Hoffman (715-684-5105)
grkepkk@gmail.com

Syttende Mai Co-Chairs:

Judy Johnson (715-668-9138)
Judy_54028@yahoo.com
Susan Faber (715-235-0847)
fabersue@yahoo.com

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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 provide quality insurance and financial products to our members. For information contact: www.sofn.com

LODGE LINES

Valkyrien Lodge Meeting

September 23, 2019

Meeting called to order by President Audrey Severson at 7:00 pm. The Pledge of Allegiance was recited followed by singing the Canadian, Norwegian and United States national anthems.

Clair Severson began the meeting with a TED talk about the need to protect honey bees and describing many of the dangers to their health. We need to plant flowers and a variety of crops. Claire then described the construction of a hive and the behavior of bees.

The reports from the Secretary and Treasurer were approved as written in the newsletter.

Pins and certificates were presented. Notable certificates were for membership of 40 years to both Erling Lestrud and Don Olson, and 50 years to Einar Sandom. Congratulations!



Clair Severson

L-R: Don , Erling and Einar

Unfinished Business

Audrey invited lodge members to attend the district leadership conference to be held Oct. 18-19 in Cedar Lake, Indiana.

New Business

Mary Lestrud, Carol Forsythe and Pat Sandom were nominated to form the Nominating Committee. Motion was made, seconded and passed to accept these nominations.

Audrey gave a brief summary of SON financial products and encouraged participation.

In a discussion of possible service projects, several options were presented which will be discussed at a future meeting.

Randi Hoffman promoted the program for October to be presented by David Jones on the Statue of Liberty. She also presented a certificate to SON member Sue Faber for winning a German spelling bee at a recent German Fest. Regarding the November program, Randi said that our Lodge could attend a Church Basement Ladies play along with a group going from Gethsemane church in Baldwin. Nine people subsequently signed up to attend. This event would be on the same day as our regularly scheduled November meeting. Whether to have or not have a meeting on that date is yet to be decided.

Audrey gave a list of upcoming lutefisk dinners,

The Christmas potluck dinner will be held Dec. 8th at the Lestrud home. Time to be determined.

Meeting adjourned at 8:50 pm.

Sandra Calvert

Secretary



LODGE LINES

Valkyrien Lodge Meeting

October 28, 2019



Meeting called to order by President Audrey Severson at 7:03 pm. The Pledge of Allegiance was recited followed by singing the Canadian, Norwegian and United States national anthems.

Guests: Eunice Hop, Melody Sortedahl, Nancy and Monica Brooks, April Ingli, and Murray Lestrud.

David Jones (*left*) presented an interesting program on the history of World “*Liberty Enlightening the World*” commonly called the Statue of Liberty. The treasurer’s and secretary’s reports were approved as printed.

Awards and Pins: 10 year pins to Sandy Olson and Sue Faber and a 25 year pin to Greg Warner. Don Olson received a walking medal

Eight members will be attending Church Basement Ladies play on 11/25 .

New Business:

Surveys were placed on each table for members to indicate their preferences on programming. The proposed slate of officers for 2020 was presented. With no further nominations from the floor, a unanimous vote was cast for the slate.

Virtual Walk to Norway: Audrey described a sports program designed to draw attention to the next International Convention in Norway along with the 125th Anniversary of the Sons of Norway. Members are being asked to keep a record (by month) of miles they have walked, biked, swam or ran from now until 6/15/2020 . At that time, all miles from Lodge members will be tallied. The distance between Minneapolis and the site of the convention in Norway is over 4,000 and our Lodge plans to donate 4 cents/per mile to the District Foundation in support of the Masse Moro Camp.

Projects and donations were discussed. It was moved, seconded and passed that the Lodge donate \$50.00 to Ski for Light and \$100.00 to the Sons of Norway Foundation.

District Fundraiser for Masse Morro. The district is selling Norwegian sweatshirts, hats and aprons. Also, Sandy Olson suggested that members sew pillowcases for the campers.

Donations: In view of the Lodge’s positive bank balance, suggestions for charitable donations were requested and several possible recipients suggested. It was moved and seconded that \$1000 be given. After discussion, this motion was amended that \$2000 to be given and that the Board be authorized to divide this amount among recipients as the Board decides. Amended motion passed.

Audrey announced that up to three people could be designated as delegates to attend the District Convention in Madison in June from our lodge. A Lodge banner is desired for the convention. Anyone interested in making a banner, please tell Audrey.

Announcements: Board meeting Nov. 4 at 1:00 at Zion. Next Lodge meeting Nov. 25 will be potluck and singing at the care center in Woodville. Christmas potluck December 8th at 5:30 at the Mary and Erling Lestrud home.

Sandra Calvert

Treasurer

Valkyrien Makes Charitable Donations

For a few local charitable organizations, Christmas came early this year when checks were presented to them from our Lodge. The checks went to places in Pierce, Pepin, St. Croix, and Dunn Counties in Wisconsin. This included The Bridge to Hope in Menomonie, Family Resources Center and the Pierce County Food Pantry. The fourth recipient being the Community Cancer Fund for Spring Valley.

The Bridge of Hope in Menomonie is a domestic shelter. Their purpose is to empower those who have been affected by violence, provide options, and offer support to those individuals so that they can start a life that is free from abuse. Their staff have special training for various needs of those who come for a safe haven.



*Don Olson gives our check to Naomi Cummings
Executive Director of The Bridge to Hope*



The staff at The Bridge To Hope



*Ron Thompson delivered
our check to The Spring
Valley Community Cancer Fund.*



*Audrey Severson and Sandra Calvert
presents the check to the
Family Resource Center for Pierce County*



*Audrey Severson presenting check
to the Pierce County Food Pantry*

The **Spring Valley Cancer Fund** has a special purpose of “*Supporting our Own*”. When area residents have cancer, they offer support by visiting the patients offering gas cards, grocery and drug store money and other items that make life a little easier. Ron Thompson, Lodge member, was recently the recipient of such help who needed to drive a substantial distance for his chemo sessions. “I received \$275 for gas which was a great help,” he said. “The check from our Lodge will assist other people who need help ... thank you for the check,” he concluded.

The other two checks were given to organizations assisting people who need help in Pierce County. The one check was given to the **Family Resource Center** who help young mothers with welcome baby hospital visits, parent-child groups, and other assistance. The goal is to support development of healthy parent-child relationships and early learning for young children. The other check went to the **Pierce Co. Food Pantry**, a non-profit organization dedicated to reducing hunger and providing access to healthy food across Pierce County.



The phenomenon known as “Northern Lights” is most commonly seen in the northern hemisphere of our planet between the months of October and March. The lights are described to be magical, dramatic and utterly dazzling. If you are fortunate enough to experience the display, you’ll see a ray of dancing greens, yellows, violets and reds; on a rare occurrence, you could even spot some oranges and whites. Here are eight more interesting facts about Northern Lights, officially know as [Aurora Borealis](#), and some of the most amazing pictures you have ever seen.

1. Astronauts at the [International Space Station](#) are at the same altitude as the Northern Lights.
2. No two Northern Lights are ever the same! They always have different patterns and colors.
3. During heavy solar storms, Northern lights are visible as far south as Texas
4. Sometimes you can even [hear the sound waves](#)! Viewers have claimed to hear a whooshing or crackling noise.
5. The color of each aurora depends on the gas particles.
6. The aurora borealis is considered one the [Seven Natural Wonders of the World](#).
7. Northern Lights occur due to the sun’s charged particles colliding with the oxygen and nitrogen atoms found in the Earth’s atmosphere.
8. The best places to watch the aurora in North America are the northwestern parts of [Canada](#) and [Alaska](#), and in Europe, the northern parts of [Norway](#), [Sweden](#) and [Finland](#).

From the ...

Sons of Norway's Blog Archive

November 10, 2017

Celebrate Our 125th Anniversary With Music From Norway's Top Composer

As part of the celebration for our upcoming 125th Anniversary in 2020, Sons of Norway has commissioned a musical work from renowned Norwegian composer Kim André Arnesen. Just in time for Christmas, this new work will have its world premiere in a series of four performances in the Twin Cities area of Minnesota. For those unable to attend in person, recordings of the work will be made available after the performance dates. It will also be broadcasted nationally by American Public Media.

Kim André Arnesen is widely considered Norway's leading choral composer, and is one of the nation's most frequently performed composers alive today. His previous work has been described as "haunting, beautifully arched, warmly compassionate" by Gramophone magazine and has received numerous accolades, including a Grammy nomination.

The upcoming concert series by Twin Cities-based choral group VocalEssence features a selection of carols from Norway, Sweden and Finland—including the world premiere of *Nordic Christmas*, Arnesen's original arrangement of Norwegian carols prepared in honor of Sons of Norway's 125th Anniversary. The commissioned piece will be performed at all four performances in the concert series, but **Sons of Norway members are encouraged to attend on Saturday, December 7**, for a special member appreciation night. See below for performance dates and ticket information, and stay tuned for details about how to obtain a recording of the work if you are unable to attend in person.

Saturday, December 7, 2019 at 7:30-9:30 PM
Shepherd of the Valley Lutheran Church
2650 Johnny Cake Ridge Road, Apple Valley, MN

Sunday, December 8, 2019 at 4:00-6:00 PM
Plymouth Congregational Church
1919 LaSalle Avenue, Minneapolis, MN

Friday, December 13, 2019 at 7:30-9:30 PM
Plymouth Congregational Church
1919 LaSalle Avenue, Minneapolis, MN

Sunday, December 15, 2019 at 4:00-6:00 PM
Roseville Lutheran Church
1215 Roselawn Ave. West, Roseville, MN

[Purchase your tickets online now.](#)



*Happy Thanksgiving and Merry Christmas and
may 2020 be a successful and glorious year!*