



# Valhall Viking



**SONS of  
NORWAY**

Celebrating **125 Years**  
1895-2020

### Mission Statement

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

April 2021  
Valhall Lodge #6-25  
<https://lodgeofvalhall.com>  
Serving San Diego, CA

**Meeting Location**  
La Mesa Masonic Lodge  
4731 Date Ave.  
La Mesa, CA 91942

Founded 1912

April 3, 10:00 AM LOV Virtual Meeting  
April 17, 10:00 AM Virtual Corporation Meeting  
April 17, 5:30 PM Virtual Lodge Meeting

## Ord fra presidenten

Dear Members,

Members of various Norwegian organizations in San Diego County are coming together to form the Norwegian Cultural Public Outreach Committee. We have members from Valhall Lodge, House of Norway, the Fish Club, and organizations that meet in Norway House in Vista. The mission of this committee is to promote Norwegian Culture and awareness in San Diego County; and to share information to further public awareness through media, public



relations, and events of its members. This committee's first meeting took place on March 18. We hope to attract new members into the participating organizations. We are looking for somebody to lead this effort. We appreciate the hard work that members of this committee will do.

Respektfullt,

Maury D. Lee

President, Valhall Lodge 06-25



Happy Birthday  
Gøstulerer Med Dagen!



### April Birthdays

5	Kevin DeNino
9	Andy Ueland
14	Heather Bardin
17	Norman Magneson
18	Lillian Jansen
20	Kenneth Lindebrekke
22	Doris Anderson
22	Charles Sundry
22	Dean Seiler
24	Sigurd Stautland

### Links

Our lodge: <https://lodgeofvalhall.com>

District Six Newsletters and Cultural Newsletters: <https://sofn6.org/newsletters/>

Camp Norge: <https://www.campnorge.org/site/>

District Six: <https://sofn6.org>

House of Norway: <https://www.houseofnorway.org>

International: <https://www.sofn.com>

Newsletter editor: Steve Rawlinson  
[editor@lodgeofvalhall.com](mailto:editor@lodgeofvalhall.com)

This newsletter is published monthly  
except in January and July.

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## Malla Gilbertson, RIP

We are sorry to report the passing of Malla Gilbertson. She passed comfortably in hospice care at the age of 90. Malla was a long and faithful Golden Member of Sons of Norway and Valhall Lodge having joined in 1972. Malla was active in Valhall Lodge, LOV and House of Norway. She was a vital part and lifelong civic volunteer in our Norwegian Community. She and her late husband, Aswald (Assie) Gilbertson, made a compelling diplomatic team as the Honorary Norwegian Consul in San Diego. Malla was a wonderful person and well loved. An empty place exists within our hearts and in our Norwegian community. She will be dearly missed by all who knew her. Our heartfelt and deepest sympathy goes out to the Gilbertson family.

# Lodge Officers

Lodge Officers	
President	Maury Lee
Vice President	Myla Coleman
Counselor	Susan Cody
Secretary	Wendy Hovland-Henry
Assistant Secretary	Denise Olson
Financial Secretary	Aprell Bigler
Treasurer	Millie Wright
Social Director	Judy Sawyer
Asst Social Director	Graciela Lee
Cultural Director	Amelia Seeto
Marshall	Andy Ueland
Assistant Marshall	Janet Weber
Historian	Sandra Yeaman
Musician	Sven Olsen
Editor	Steve Rawlinson
Assistant Editor	Arlene Labree
Foundation Director	Jim Adams
Publicity Director	Susan Cody
Youth Director	Myla Coleman
Sports Director	Ellen Spitzer
Webmaster	Steve Rawlinson
Trustee (3 Year)	Susan Cody
Trustee (2 Year)	Millie Wright
Trustee (1 Year)	Judy Sawyer

Auditors
Phil Hinshaw
Steve Rawlinson
Amelia Seeto

Corporation Officers	
President	James Adams
Vice President	Andreas Ueland
Secretary	Aprell Bigler
Treasurer	Steve Rawlinson
Director	Maury Lee
Director	Judy Sawyer
Director	Everett Shogren

LOV Officers	
President	Millie Wright
Vice President	Susan Cody
Secretary	Myla Coleman
Treasurer	Amelia Seeto



**SONS of  
NORWAY**

**JAMES DONOVAN**

**Your Financial Benefits Counselor**

**760-440-9905**

**[jdonovaninsure@gmail.com](mailto:jdonovaninsure@gmail.com)**

# Minutes of the Lodge Virtual Meeting

## March 20, 2021

Meeting called to order at 17:36, 15 members present

### President

Maury called the meeting to order and led the Pledge of Allegiance. He thanked all for being present and introduced special guest Nancy Madson, Sons of Norway (SON) District 6 Secretary.

### Treasurer

Millie gave the treasurer's report, which was approved.

She also recommended moving some funds from the savings to checking account to avoid fees, which was approved.

She noted she has coordinated with the National office to coordinate direct billing for enhanced streamlining.

### Secretary

The minutes of the February 2021 meeting were approved with the following change 'Under Good of the Order: Sandra and Myla shared information about enjoyable Jorvik Center (not Vesterheim) virtual presentations they have recently attended.' The minutes were approved with this correction.

Under correspondence, Wendy shared a letter from Lora Lee. In addition, Maury shared that Malla Gilbertson had recently passed on and recalled her and her husband's many years of service to the lodge and the local Norwegian community.

### Finance

Millie provided an update on behalf of Aprell.

### Cultural

Myla confirmed the Vesterheim Museum programs for April and June. She also gave a report on the District 6 Cultural Director's meeting she recently attended.

### Foundation and Corporation

Jim provided a Foundation report. He shared information on available grants and encouraged lodge members to apply. Nancy provided additional information on District 6 scholarship opportunities.

Jim also provided a Corporation report and an update on investments.

### Newsletter

Steve gave an update on the newsletter. He asked members to please submit content for the April newsletter by March 23.

### Historian

Sandra has been reviewing historic newsletters from Valhall lodge and noted how well done our newsletters have been over the years, and now. She has found content that is worth re-sharing and she will coordinate that with Steve.



Social

Judy reported we will be hosting a drive-thru dinner for Syttende Mai and a 'Save the Date' announcement will be in the next newsletter. All meals will need to be reserved and paid in advance.

Old Business - NoneNew Business

The group was reminded to always be aware of internet scams and to be advised SON sends out renewal notices via postal mail, not e-mail. You may log on to the SON portal at any time to renew your membership online or renew by mail.

Jim shared there is a new group meeting locally 'The Norwegian Outreach Committee'. The coalition of Scandinavian groups has the purpose of working together to promote higher visibility of events and activities to the public. The committee is actively looking for members who want to get involved and the next meeting is April 29, at 5:30 p.m.

Good of the Order

Dale shared on of her family members is in the current issue of *The Viking* magazine.

Millie shared the *Hiking Viking* team for the recent Brain Injury Foundation event was a great success. A photo of the participants was shared and it was announced they raised \$625 for the effort, exceeding their goal, and that the event also exceeded the organization's overall goal.

The meeting was adjourned at 18:29 and the group transitioned to a virtual social program on ancestry.

## Save the Date: May 15, 2021 (Saturday)

To celebrate Syttende Mai (on the nearest Saturday to May 17), we will have a drive-thru salmon dinner. Members will need to order in advance and prepay. Details will be provided in next month's newsletter.

## Letter of Appreciation

Hi Millie, Maury, Jim and Jeanne,

I have been going through memorabilia from my mother, Ellen Holk. Last night I looked at Christmas cards from 2001, as well as condolences regarding the passing of my father, Erwin Holk, earlier that fall. So many of the cards included personal correspondence from the Norwegian community in San Diego – Valhall Lodge, Ladies of Valhall, Norwegian Fish Club in San Diego and the House of Norway. It was such a blessing then to my family to be comforted by caring friends. I just wanted you to know that the kindness expressed then still warms my heart.

I also noted that so many of the people who signed cards in 2001 have themselves passed away since then. I remember them fondly, as well.

Please pass this message on to the members of your organization, to let them know I am so thankful for good friends who have stood the test of time.

med vennlig hilsen,

Lora Lee

# Minutes of the Corporation Virtual Meeting

## February 20, 2021

The regular meeting session of Valhall Sons of Norway Inc. Board was held via internet connection using ZOOM. It was called to order by President Jim Adams at 10:02AM.

Present: President Jim Adams, Vice President Andreas Ueland, Treasurer Steve Rawlinson, Secretary Aprell Bigler and Directors Maury Lee, Judy Sawyer and Everett Shogren.

### **Old Business:**

Steve moved to accept the minutes of the last meeting on October 31, 2020 and Judy seconded. Motion passed.

Treasurer Report, 2<sup>nd</sup> and 3<sup>rd</sup> quarter of 2020, was reviewed and discussed.

Per Jim, we are currently at 10% Return on Investment. Per Steve, we are at 10% ROI from November 24, 2020 to February 21, 2021. Steve feels the market is due for a correction.

Per Jim, the change we made has resulted in an increase in our investments. With the increase in revenue, it gives the lodge the tools it needs to do the things that will enhance lodge growth and programs. And so that really is the bottom line. And then as Everett mentioned, we can do good in the community by providing charitable donations to key organizations.

### **New Business**

Per Jim, I would suggest the lodge be thinking about where to put some of the money like publishing and other places to have a plan when we do open up.

The elections of Corporation Officers of 2021 were held and the results are as follows:

President:	James Adams
Vice President:	Andreas Ueland
Treasurer:	Steve Rawlinson
Secretary:	Aprell Bigler

The IRS 990N and FTB 199N will need to be filed before May 15, 2021.

The Statement of Information will need to be completed and filed in November 2021.

Steve Rawlinson and Judi Sawyer term is up January 2022.

### **Action Items:**

The board will discuss and vote on charitable donations at the April meeting.

Aprell will file the FTB 199N before May 15<sup>th</sup>, 2021

Aprell will file the IRS 990N before May 15<sup>th</sup>, 2021

Aprell will file the Statement of Information in November 2021.

Steve will double check our investment income in 4<sup>th</sup> Qtr. to make sure amount is correct.

Steve will provide Aprell the gross income for 2020.

### **Good of the Order:**

Per Andy, I commend everybody on the board for participating actively in this meeting. I think we are doing a pretty good job. Thank you.

Per Jim, I feel pretty good at where we are at this time.

Per Steve, do we continue with zoom meetings when we open up? Per Jim, we should continue zoom meetings from home and when we open up. The board members agree.

### **Next Meeting:**

The next regular meeting will be on Saturday, April 17, 2021 at 10:00 AM via internet link. Steve will send an email message containing the ZOOM Meeting ID and Password.

### **Adjournment**

A motion to adjourn the meeting was made by Steve and seconded by Andy. Motion passed.  
Regular session adjourned at 11:09AM.

Respectfully submitted,  
Aprell Bigler, Secretary



**Else Ottesen, Sandra Yeaman, and Millie Wright walked together in an effort to raise money for the San Diego Brain Injury Foundation. Happily, the goals for fundraising were reached both by the Hiking Vikings and by the Brain Injury Foundation.**

**Thanks Else, Sandra, and Millie!**

# LOV Virtual Meeting Minutes

## March 6, 2021

Nineteen members attended.

The meeting was called to order at 10:06 AM by President Millie Wright.

Minutes of the February meeting were published in the lodge newsletter. Millie asked if anyone wanted it to be read aloud. No one did. There were no corrections. The minutes were approved as read.

Treasurer's Report – Amelia presented the report for February. Sandra moved, Dale seconded that the report be approved as read. Motion passed. Amelia reported that we passed our audit by the corporation.

Sandra moved that we form a committee to plan how to use the proceeds from sale of the bunad book, consistent with the intention of the original committee: to promote membership in the lodge and LOV and to provide cultural program as outreach to new members. Amelia seconded. After some discussion, the motion passed. The committee, chaired by Sandra, will consist of Anne, Anita and Denise.

### OLD BUSINESS

Sunshine – Denise sent greeting emails to the members weekly. Tried to reach Wilma and Joyce Oen on the phone. Sent birthday cards to some members.

Plans for Lille Butikken, Christmas Party and Christmas stockings are on hold until June to have a better idea of what restrictions we'll need to work with. Judy will chair the Christmas party and will need a committee.

### NEW BUSINESS

Millie reported that this year's lodge directory will be in the mail soon. Denise asks that we cross out Durham from her last name in our copy.

May 15 Lodge social – Judy will provide drive-by salmon dinner with help of Susan and Millie. Asks for LOV bakers to provide dessert: cookies? Cake? Cupcakes is already single serve portion. Judy will experiment with cream cake recipe.

### CULTURAL/PROGRAM

Ragnhild and Anne taught a few phrases for us to practice question and response. The scenario was a phone call between acquaintances, one in Norway and one in San Diego.

Lodge cultural program - Myla reported that Vesterheim speakers are reserved for April and June socials, continuing our focus on our immigrant ancestors. Submissions for the Amerika Feber project and an optional video or family artifact are due to her by March 10 so Linda compile them into a presentation for the lodge social on March 20. There is also an opportunity to submit your video and artifact to a project sponsored by Norway House. <https://www.norwayhouse.org/calendar/2021/gallery/red-river-girl>

Sandra gave us a quick overview of two virtual sessions from That Jorvik Viking Thing, York, UK: an evening with musician Einar Selvik of the Norse band, Wardruna and the tour of Coppergate.

Turn in any submissions for cultural pins to Amelia. Sandra and Millie expect their pins to come from SON HQ, but future ones will be purchased by Amelia. Sandra shared her latest project, a pillow top

with various Hardanger embroidery stitches. She said creating the pattern so she could submit her application was more difficult than the actual embroidery.

#### GOOD OF THE ORDER

Sandra invited all to join her, Jean and Millie on 3/11 at DeAnza Cove for a socially distanced walk in support of the Brain Injury Foundation. Jean offered to sell a copy of The Bunad Tradition in Southern California. Ragnhild's book will be returned to Myla in case anyone else wants to borrow it. Susan said Arletta is struggling with health issues. Thelma hired a guy to help clean the years of accumulated stuff from her garage.

Happy Birthday to Wilma. Myla will celebrate 36<sup>th</sup> anniversary on March 24.

Next meeting: April 3 at 10AM. Sandra will send reminder to members.

Millie thanked Anne and Ragnhild for the language lesson, Sandra, Amelia and Myla for cultural programs and thanked everyone for attending.

The meeting adjourned at 11:15 AM

Respectfully submitted,  
Myla Coleman, Secretary

## LOV Notes

### March, 2021

Next Meeting: April 3, 2021 10:00 a.m. via Zoom

Hostesses: N/A

Spring 2021 has arrived, and we are still meeting via zoom. Hopefully, with the vaccines being available to everyone we will be able to meet in person soon; I certainly miss seeing everyone in person at the meetings, socials and being able to visit Valhall Lodge and LOV friends.

Sandra, Else and I participated in the SDBIF annual Walk for Recovery. We carpooled (thanks for driving Sandra) and went to De Anza Cove where the usual walks took place. Else brought along her Hiking Viking sign and I provided Norwegian flags for us along with one USA flag. It was a beautiful day for the walk and to spend time together. We wore our masks, of course, except when we had our photo taken. I approached a gentleman out for a walk and asked if he would take our picture he was a little apprehensive at first, but I explained why we wanted a picture and the explanation helped. The photo should be somewhere in this Newsletter.

Attention all Cultural Skills participants: At the March 20, 2021 Lodge meeting it was determined that clarification is needed on where to submit cultural skills forms/project information/photos regarding SON Headquarters vs. local Lodges. Fortunately, Nancy Madson attended the Lodge meeting and will follow up on this. Sandra and I are still waiting for our Hardanger Embroidery pins and anticipate they will arrive shortly.



Has anyone ever noticed how many LOV ladies also hold Valhall Lodge positions?

#### Ladies of Valhall

- Millie Wright, President
- Susan Cody, Vice President
- Myla Coleman, Secretary and Cultural
- Amelia Seeto, Treasurer
- Denise Olson, Sunshine
- Judy Sawyer, Christmas Committee
- Sandra Yeaman, Cultural

#### Valhall Lodge

Treasurer and Trustee  
 Publicity Director, Trustee and Counselor  
 Vice President and Youth Director  
 Cultural Director and Auditor  
 Assistant Secretary  
 Social Director, Trustee, Corp. Director  
 Historian

Of course, Anne Høidal and Ragnhild Amble are our Norwegian Conversation instructors this year; they have a tough job ahead of them. Also Arlene LaBree serves as Assistant Editor for the lodge.

Tusen takk ladies for supporting LOV and Valhall Lodge 6-025. I apologize if I left any of the hardworking Ladies out of this list.

Med vennlig Hilsen,

Millie Wright  
 President, LOV



The Cultural Committee prepared a video about our ancestors who came to the United States from Norway. Puppets portraying Henrik Ibsen and Nora Helmer provided the narrative. This video was shown at the virtual lodge meeting on March 20, 2021.





# Cultural Notes

## March, 2021

It was a long time coming but hopefully worth the wait! Thanks to those who attended our March social and premier of our lodge video "Headline! Amerika Feber", a general outline of the history of Norwegian emigration to the United States and a specific look at immigrant ancestors of members of Valhall Lodge San Diego. I loved how it sparked conversation about family history and connections to notable Norwegians.

I entered all member submissions on a spreadsheet to help organize by decade and fit in the structure of the presentation. Maury gets the prize (okay, bragging rights) for the earliest emigrant ancestor in the 1840's.

This presentation was adapted from Sons of Norway cultural resource "Amerika Feber", created in 1985 by Judy Gabriel of Edvard Grieg Lodge, Studio City, CA. The original production was a live audience participation activity for the use of member lodges of Sons of Norway. Script, staging, member submissions collected by Myla Coleman, Valhall Lodge Vice President. Thanks to Valhall Lodge members for their support and contributions of family photos and artifacts. Thanks to Whitney for her creative collaboration, puppetry and voice-acting skills. Tusen takk to Linda Rawlinson for crafting the many pieces into a cohesive whole with great graphics and music accompaniment.

Thanks to Steve for posting it on our lodge website here:

<https://drive.google.com/file/d/1vFhL2QTFiH5UPzb-UP3OWaazpEvEpyT4/view>

SAVE THE DATE:

Don't miss our April 17 virtual social featuring the Vesterheim Museum: "In Trunks, Hands, and Hearts: What Norwegian Immigrants Brought to the United States" by Jennifer Kovarik, Vesterheim Registrar and Youth Educator.\* She holds a B.A. in history and English from Luther College, Decorah, Iowa, and an M.A.T. in elementary education from Hastings College, Hastings, Nebraska. Kovarik cares for the museum's diverse collection, which includes objects, books, and historical photographs. Through a variety of onsite and online programs, she connects people of all ages to the stories objects and the people who used or made them tell about Norwegian-American experiences, culture, and traditions of the past and present.

May 15 Syttende mai Social committee prepares drive up for salmon dinner, details TBD, maybe baked goods from Ladies of Valhall. Virtual program for the evening is in the works.

June 19 – Presentation from Vesterheim Museum: "Rocks and Hard Places: Emigration through the Lens of Knud Knudsen." \*

\*In consideration of our Vesterheim guest speakers who are located in Iowa, two hours later than us, we are reversing our normal agenda of lodge meeting followed by the social. We will start promptly at 5:30 to spend about an hour with our speaker, then have our lodge meeting at 6:30. To attract potential new members, our events will be on Vesterheim's calendar with a link so that interested people can join us. The museum allow meetings featuring Vesterheim presentations to be recorded so that we can share with our members or to provide for members who could not attend the meeting. However, they ask that we do not share the recording publicly, such as on YouTube, Facebook, or on a public website, including our lodge website.

## San Diego County Norwegian Cultural Public Outreach Committee

A new committee has been created that has members from San Diego County non-profit organizations that promote Norwegian culture. These organizations include:

- Valhall Lodge #6-25, Sons of Norway (San Diego)
- Ladies of Valhall (San Diego)
- The House of Norway in Balboa Park (San Diego)
- The Norwegian Fish Club in San Diego (San Diego)
- Norge Lodge #6-60, Sons of Norway (Vista)
- Norwegian Fish Club Odin (Vista)
- Vista Viking Festival (Vista)
- Hulda Garborg Lodge #49, Daughters of Norway (Fallbrook)

**Description:** The Norwegian Outreach Committee is in San Diego and is composed of Norwegian non-profit organizations who meet to share information and resources to promote Norwegian events, news and membership opportunities. Committee members work together to increase awareness of Norwegian Culture, Events, and organizations activities in San Diego County.

**Mission:** The Norwegian Outreach Committee promotes Norwegian Culture and awareness in San Diego County. Members share information to further public awareness through media, public relations, and events of its members. Members may also share media platforms, and other resources to advance the outreach opportunities and membership of Committee Members.

Members of the Committee hope that by working together, all of the above listed organizations can benefit by having wider publicity of their efforts and by attracting more new members.

The Committee had its first meeting using Zoom on March 16, 2021. A possible agenda item at the next meeting may be establishing a primary focus. Much will be decided in future meetings, and new members will have the opportunity to make a difference.

## Youth Half Camperships Available for District Six Members

The District provides ½ camperships to youth in our district for Camp Trollfjell ages 8-13 and Trollfjell Folkehøgskule ages 14-17. Camp is held at the Recreation Center Camp Norge, Alta, CA. This year Trollfjell Folkehøgskule will be from June 27-July 10, 2021 and Camp Trollfjell will be from July 11-24, 2021. The amount of the half camperships for 2021 is \$450.00. The application form is available on the District Six Website. All applications must be **received by May 1, 2021**. Please send the applications to District Six Campership Committee c/o Luella Grangaard, PO Box 832, Morongo Valley, CA 92256 or e-mail to [morongo2@verizon.net](mailto:morongo2@verizon.net)

**It is time to sign up for 2021 camp!!!**

**Note:** Recipients cannot receive a campership from both the district and the lodge. It's either one or the other.

## Scholarship Opportunities for District Six Youth

District Six offers up to 3, \$1,000 scholarships per year for students ages 16-23. These scholarships are available for students attending an accredited post-secondary school or training institution. **The deadline for this scholarship is May 1, 2021.**

District Six offers a \$1000 scholarship to the Concordia Skogfjorden Language Camp. **The deadline for this scholarship is May 1, 2021.**

Applications are available on the District Six website at <https://sofn6.org/scholarships/>. Please send completed applications to c/o Luella Grangaard, PO Box 832, Morongo Valley, CA 92256 or e-mailed to [moorongo2@verizon.net](mailto:moorongo2@verizon.net).

In addition there are many scholarships offered by the Sons of Norway Foundation at [www.sofn.com](http://www.sofn.com).

Please take advantage of this District Six Member opportunity.

## Save the Date: October 15-17, 2021 (Friday - Sunday)

Southern California Kretsstevne is scheduled for October 15-17. We expect details to be provided some time during the summer or early fall.

## A Look at Norway's Coffee Culture

In a recent list of the top ten coffee-consuming countries reported by WorldAtlas, half were Nordic countries. In fact, Norway claimed second place right behind Finland. (*Ed note: The US ranks 25th.*) Although it is very apparent from this list that Norwegians love their coffee, that has not always been the case.

The first evidence of the breakthrough of coffee in Norway wasn't until the 1800s, when wealthy businessmen began to bring it home from their travels abroad. Some think that its popularity only soared because of the prohibition on alcohol in Norway from around 1917 to 1927; during that time, coffee served as the new social drink.

As years have passed, coffee has broken into mainstream Norway as a "trendy drink." Its original format has broadened to include espresso favorites like macchiatos, cappuccinos, lattes, etc. This growing popularity is reflected in the increasing number of coffee bars throughout Norway, especially in the big cities. The most visited coffee bar in Norway is called Espresso House, which is actually a Swedish chain. However, Kaffebrenneriet is also well known and is exclusive to Norway.

A second popular belief about the origins of coffee's local popularity has to do with Norway's climate. Some think that the cold and dark winter days play an integral part in pushing people into coffee shops and inspiring them to get a warm mug in hand. Additionally, coffee in a thermos is often a necessity for people when they're out enjoying nature. In fact, *turkaffe* (hiking coffee) is a longstanding tradition.

Regardless of which theory is right, it is certainly true that Norwegians love their coffee (as evident from the 21.82 lbs per capita consumed annually!). Nearly 80% of Norway's population enjoys coffee daily, many four to five times a day. No matter the occasion, it seems coffee is almost always present. For coffee enthusiasts looking to branch out, Norwegian egg coffee (see next page) is a must-try. It clarifies the coffee and extracts the bitterness.

## Coffee from feces

The most expensive coffee in the world is processed in the digestive tracts of civets. None other than the prestigious magazine *The Economist* had an article years ago that started off with, "The most expensive coffee in the world is shit." The civets eat coffee cherries. Digestive enzymes and gastric juices affect the aroma of the coffee. The people willing to pay for this coffee also believe that the animals know how to select the right coffee cherries. Excreted coffee beans are collected, cleaned up, and roasted.

Other animals are also sources of coffee beans processed by digestive juices. These include elephants, birds, muntjac, and bats. Your editor had the rare opportunity to compare coffee processed by Brazilian birds and ordinary coffee. He couldn't tell the difference. As a good Norwegian, he enjoys drinking robust coffee with breakfast. He likes something between medium and dark roast. He doesn't like French roast, which has the taste of burned coffee.

Fellow Norwegians, enjoy your coffee. Know that you don't have to pay for animals to process the beans in order to have good coffee.

## Norwegian 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.

Want learn more about the science, history and recent revival of egg coffee? Check out [this article from Eater](#).

Recipe source: [eater.com](http://eater.com)

### Ingredients

5 Tbsp. coffee (medium grind works best)  
1 egg  
7 cups of water (to be boiled)  
1 cup of water (cold)



### Instructions

Beat egg in a small bowl with a fork. Add coffee grounds and mix until you have a sludge.

Bring 7 cups of water to a boil in a large coffee pot or saucepan. Add coffee/egg mixture. Continue boiling until the foam disappears – about 3 minutes. Remove from heat.

Add 1 cup of cold water to the coffee pot. This will help settle the grounds.

Pour coffee through a strainer to catch any loose grounds. Serve.

*Ed Note: I prefer my coffee to be bitter, thank you very much. But if you want to try this, please enjoy it.*

## Sven and Ole Go Ice Fishing

Christmas was just a few days away. Sven and Ole decided to go fishing. They gathered their gear for ice fishing and found a patch of ice. They set up their equipment and started to auger a hole. Just then they heard a voice say, **“There is no fish under the ice!”** They looked around but did not see anybody. The voice seemed to be coming from above them.

They moved to another spot about 50 yards away and started to auger again. Once again, they heard the voice say, **“There is no fish under the ice!”** Again they looked around and did not see anybody. Sven looked up and said, “God, is that you?” The voice replied, “No, I am the ice rink manager.”

**Valhall Viking**  
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**DATED MATERIAL**

*Please Deliver Promptly*

**Valhall Viking**

**APRIL 2021**

**CALENDAR**      **April**

**April 3 LOV Virtual Meeting**  
**April 17 Corporation Meeting**  
**April 17 Lodge Virtual Meeting**  
**April 23 Newsletter Deadline**

Next newsletter is the  
May issue

Deadline for the  
May Valhall Viking  
is April 23, 2021

E-Mail articles to  
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