



## FLYGEBLAD NEWSLETTER, CHRISTMAS 2020

### Christmas Message to Members and Friends of Valhalla Lodge

To say that 2020 has been a trying year is a huge understatement. Whether you or a family member has been infected, a family business or employment is impacted, travel restrictions, or simply concerns about your own health and safety, we have all been touched in some way during this pandemic. We still have a long way to go to get through this. As bleak as the present time may seem, I prefer to take a more fundamental view of this particular Christmas season.

In pagan times, Yule or the winter solstice was seen as a time to say goodbye to the old, and welcome the new. As the days begin to get longer again, the sun returns to the earth and life begins once more. In order to usurp many of the pagan celebrations of the time, Pope Julius I in 350 AD decreed that the nativity should be celebrated on the same day as all the other sun gods, namely December 25.

Just as it was in bygone years, today we can look at Christmas as a time to have faith that this is a time of a new beginning and the birth of new hope for our future. While remaining practical and cautious today, we can be hopeful that the future holds promise.

We may be sequestered in our homes through this Christmas season and not able to spend time with our families as we normally might do. We can still pick up the phone or write a letter. Write a letter to your grandchild with pen and paper and in cursive hand writing. They may be surprised that they can receive a message other than on their phone or computer, and they may be challenged to read it because who under age 30 can read cursive writing anymore. Also, call a friend or relative and share some time talking with them, trying to keep the conversations positive and upbeat.

If you like to listen to Christmas music there is a radio station from Oslo that is currently playing Christmas music all day. The station call letters are KLEM FM and you can listen to them on line at <https://p7klem.no>. Scroll down to the bottom right corner of their home page and click on the "Lytt nå" button to start listening. No accounts are required and it's free. The music ranges from classic carols to more contemporary Christmas music, in both English and Norwegian.

Our lodge participated in the Sons of Norway Can Hunger campaign in recognition of Sons of Norway's 125 Anniversary. On Dec. 12 I made a delivery of collected food and some cheques to the Calgary Food Bank and to date we have collected over \$1000 in donations and 127 pounds of food. The campaign on the Food Bank's web site will remain open until the New Year. A huge

**THANKYOU** to all who were able to participate with donations either to the Calgary Food Bank or to food banks in neighbouring communities. With the Food Bank's purchasing power they are able to turn that \$1000 into about \$5000 worth of groceries.

Finally, I would like to wish each and every one of you and your families and very Merry Christmas and a safe, healthy and Happy New Year.

**Ønsker deg god jul og et trygt, sunt og godt nytt år**

*Ron Reine*

## For your enjoyment this Christmas season:

Newsletters from other lodges, posted at [sofncalgary.ca/news/](http://sofncalgary.ca/news/)

Edmonton lodge's newsletter is loaded with Christmas recipes, stories, and crafts.

There's a Christmas crossword in nynorsk in the Saskatoon newsletter.

See what B.C. lodges are doing – the Leiflette is their district newsletter.

<https://www.newscancook.com/byseason/> Recipes from the New Scandinavian Cooking show.  
KSPS TV has episodes at 6:30 p.m. (AB time) Mondays.

Traditional Christmas Services at the Danish Lutheran Church in Calgary, in English and Danish, will be posted to Facebook on December 24 at 2.00 pm.

<https://www.facebook.com/groups/112547815557307>

More songs by Riley Yoo, who sang at the December meeting:

Deilig er jorden: <https://youtu.be/B43hRH0tMmA>

En stjerne skinner i natt: <https://youtu.be/hE9bKLRIkME>

For listening and singing along

<https://www.youtube.com/watch?v=tp7M9YlllrQ>

Det lyser i stille grender (nynorsk)

<https://www.youtube.com/watch?v=rp1uLunP9Oo&list=RDKxwqg7HHvpg&index=9>

Glade jul (Silent Night)

<https://www.youtube.com/watch?v=A0TmOCmT5qY>

Deilig er Jorden

Lutefisk carried at some Calgary Co-ops, e.g., Richmond Rd. Call 403-299-4990 and ask for the meat department.

Ron writes:

There is a radio station from Oslo I listen to from time to time. They currently have constant Christmas music playing with many of the songs in English but there are many Norwegian songs as well. The station is KLEM FM and you can listen to it online at <http://p7klem.no>, scroll down and click on the Lytt nå button near the bottom right of the page. You can also listen to it on your phone or other device using a radio app like Simple Radio or other such app.

From Sons of Norway Head Office, a benefit of setting up your member access on **sofn.com**

Our new online publication, exclusively for members, is ***Christmas Traditions of Norway***.

Learn about interesting customs, recipes, and fun activities for your family. You can download the fully interactive PDF version, which includes video and online links to additional information. Log in and access it through the *Member Resources* area of the website by selecting the cultural programming page. Note: Because it is a large PDF file, download may take a while, depending on your internet service.



Thank you to lodge members for sending these items.

Thursday 17 September 2020 **The Guardian**

**National**

13

▼ Cast members from the History Channel television series *Vikings* showing a variety of hair colours  
PHOTOGRAPH: PICTURELUX/ALAMY



▲ The remains of a woman found in a Viking burial site in Sweden

## Bold but not so blond: Vikings were genetically diverse, research reveals

**Nicola Davis**  
Science correspondent

They may have had a reputation for trade, braids and fearsome raids, but the Vikings were far from a single group of flaxen-haired, seafaring Scandinavians.

A genetic study of Viking-age human remains has not only confirmed that Vikings from different parts of Scandinavia set sail for different parts of the world, but has revealed that dark hair was more common among Vikings than among Danes today.

What's more, while some were born Vikings, others adopted the culture – or perhaps had it thrust upon them.

"Vikings were not restricted to blond Scandinavians," said Prof Eske Willerslev, a co-author of the research, who works at the University of Copenhagen.

Writing in the journal *Nature*, Willerslev and colleagues report how they sequenced the genomes of 442 humans who lived across Europe between about 2400BC and AD1600, most of them from the Viking age – which stretched from about AD750 to AD1050.

The study also drew on existing data from more than 1,000 ancient individuals from non-Viking times, and 3,855 people living today.

The team found that from the iron

age, southern European genes entered Denmark and then spread north, while – to a lesser extent – genes from Asia entered Sweden. "Vikings are, genetically, not purely Scandinavian," said Willerslev.

They found that the Viking-age Scandinavians were not a uniform population, but clustered into three main groups – a finding that suggests Vikings from different parts of Scandinavia did not mix very much.

The team found these groups roughly map on to present-day Scandinavian countries, although Vikings from south-west Sweden were genetically similar to those in Denmark. Genetic diversity was greatest in coastal regions.

**'Being a Viking is not a pure ethnic phenomenon – it's a lifestyle you adopt'**

**Eske Willerslev**  
Geneticist

Further analysis confirmed the longstanding view that most Vikings in England came from Denmark, as reflected in place names and historical records, while the Baltic region was dominated by Swedish Vikings, and Vikings from Norway ventured

to Ireland, Iceland, Greenland and the Isle of Man. However, the team say remains from Russia revealed that some Vikings from Denmark also travelled east.

The study also revealed raids were probably a local affair: the team found four brothers and another relative died in Salme, Estonia, in about AD750, in what is thought could have been a raid, with others in the party likely to have been from the same part of Sweden.

In addition, the team found two individuals from Orkney, who were buried with Viking swords, had no Scandinavian genetic ancestry.

"[Being a Viking] is not a pure ethnic phenomenon: it is a lifestyle that you can adopt whether you are non-Scandinavian or Scandinavian," said Willerslev, adding that genetic influences from abroad both before and during the Viking age might help explain why genetic variants for dark hair were relatively common among Vikings.

Dr Steve Ashby, an expert in Viking-age archaeology from the University of York, said the study confirmed what had been suspected about movement and trade in the Viking age, but also brought fresh detail.

"The evidence for gene flow with southern Europe and Asia is striking, and sits well with recent research that argues for large-scale connectivity in this period," he said. "[The study] also provides new information about levels of contact and isolation within Scandinavia itself, and offers an interesting insight into the composition of raiding parties."

But Judith Jesch, professor of Viking studies at the University of Nottingham, said the study was unlikely to rewrite the history books. "We long ago gave up on the most colourful popular myths about Vikings, and recent research has focused on the Viking age as a period of mobility, when people from Scandinavia migrated in various directions, and often back again, encountering and interacting with other peoples, languages and cultures in a process which I and others have called diaspora," she said.

"The one and a half minute law" states that if you have to get up in the middle of the night, first lie in bed for 30 seconds, then sit up for 30 seconds, then put your feet on the floor and sit for 30 seconds. And only then stand up. It guards against fainting/having a stroke.

A video [The bells of Banff](#) (if the link doesn't work, look for The bells of Banff on youtube)







This picture from December 2019 shows Christmas dinner at Old World Wisconsin, an open-air museum depicting housing and daily life of settlers in 19<sup>th</sup> century Wisconsin. All the foods displayed were grown on the museum farm.

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**Still available:** Norwegian calendars (\$20), gjetost (250 gm, \$12.50) and Norwegian flag face masks (\$15). Prepay by cheque to Russ Wiigs (1511 21A St NW, Calgary, T2N 2M7) or e-transfer to rwiigs@telus.net. Options: (1) Pick up at the above address. (2) Free delivery in Calgary for orders of \$50 or more. (3) Free mailing of calendars and masks to Canadian addresses. Questions? Russ at 403-283-1299.

**From November Flygeblad:** Answer to Thanksgiving/Halloween puzzle [here](#)

**Looking ahead:** Please send questions for Chris Mylde, the Honorary Consul for southern Alberta, to president@sofncalgary.ca. A Zoom presentation with him is planned for January, date TBA.

**Seniors' yoga:** Registration is open for classes beginning in January in yoga and meditation led by Kristen Beaulieu, via Zoom. More info at <https://sacredelders.com/>

