

# FLYGEBLAD

## FRA PRESIDENTEN



To say that 2020 has been an unusual year is obviously an understatement. We have seen unusual weather, unusual politics and of course, the pandemic. COVID-19 has caused us to cancel meetings and other events, it has caused many of us to change our plans and for many, even our daily routine. And it continues, with some efforts to get back to normal, whatever that new normal ends up being.

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For Valhalla lodge, we need to look at what our meetings in the near future, and perhaps a little farther out, will or should look like. Please look for an article elsewhere in this newsletter for more thoughts on this topic and please let us know your opinion. We would be interested to know how our members feel about gathering in our traditional way, or how many of you would be willing to participate in online meetings. Please share your thoughts about how your lodge can operate and include as many people as possible while minimizing the risk to everyone. You can email those thoughts to [president@sofncalgary.ca](mailto:president@sofncalgary.ca) or [secretary@sofncalgary.ca](mailto:secretary@sofncalgary.ca). Our September meeting is scheduled for September 14 and how we meet is still to be determined.

I encourage you all to check out the Sons of Norway web site at <http://sofn.com>. As a member you have access to the members' area with additional information and resources not available to the public. If you have not yet created an id on the web site, all you need is your membership number and it's all included with your Sons of Norway membership. If you need assistance to do this, let me know and I or someone else will help you through this process. On the sofn.com web site, check out the sports medal programs. If you are out walking, cycling or working on your garden etc., why not get some credit and recognition for your efforts in the way of pins.

October is Foundation month. In the past we have had a dinner or other fund raising activities to support the Sons of Norway Foundation in Canada. It is not likely that we will be able to have such an event this year so we should look for other means to raise some money for the Foundation. If you make annual charitable donations I would ask that you consider the Foundation as one of your recipients this year. Tax receipts are issued for donations and the Foundation supports lodges and members and their families through bursaries, grants etc.. Check out the Foundation's web site at <http://sonfic.ca> for more information on their support programs, application forms for bursaries and how to make donations. Remember that stamps are a significant part of the fund raising program and one of the simplest ways to contribute. Please keep saving those postage stamps and we will be collecting them whenever we can get together.

Stay well and I look forward to seeing you all in the next while, however we end up meeting.

Hilsen,  
Ron



### SYTTENDE MAI CONTEST

The winners, chosen by random selection from the entries, were.....

Osa Hamarsnes – 1 year free Sons of Norway membership  
 Audny Dypvik – Uffda cookie stamp and S/N swag  
 Chris Mylde – Rosemaled note cards and S/N swag

### STUDENT BURSARIES

SONFIC (Sons of Norway Foundation in Canada) awards bursaries for students in college, university, apprenticeship programs, and Norwegian studies programs. Go to [www.sonfic.ca](http://www.sonfic.ca), click on “Apply for Funding” then Select CF001, CF010, or CF009 as appropriate. Type directly on that screen answering all the questions following the information on the bottom of page 2 and page 3. Save to file and add additional documents required. Provide only a head shot picture. Incomplete applications cannot be processed. Email all requirements to Gloria Benazic at [gloria@sonfic.ca](mailto:gloria@sonfic.ca) before August 31st.

### SONFIC AGM

This year’s virtual annual general meeting will take place at 2 p.m. Alberta time on September 19<sup>th</sup>, using Zoom. Valhalla lodge will have one voting representative, and other members are invited to sit in on the meeting as guests. You are welcome to take advantage of this opportunity to attend the AGM in the comfort of your own home. E-mail National Director Gloria Benazic ([gloria@sonfic.ca](mailto:gloria@sonfic.ca)) if you would like to take part in the meeting.

### ANNIVERSARY

Congratulations to Ronning Lodge, Camrose. The 50<sup>th</sup> anniversary of its founding is Sept. 26. The lodge is named after [Chester Ronning](#), who among many other accomplishments served as principal of Camrose Lutheran College and ambassador to Norway and Iceland.



### NEW SPORTS MEDALS

Idrettshelt – the sports hero pin, is the 5<sup>th</sup> level within any sports medal category. Earn the Idrettshelt pin by doubling the point or mileage value of the enamel level in that category.

Hederspris – the outstanding achievement award, is for completing bronze, silver, gold and enamel levels in any three sports medal categories.



After logging in as a S/N member, here is the ‘bread-crumb trail’ to get more information about the sports medals.

[Home](#)> [Member Resources](#)> [Cultural Programming](#)> [Sports Medal Program](#)> and then scroll down to Levels & Requirements

## SKI FOR LIGHT

Ski for Light vice-president Anna Bentley wrote on behalf of the board of Ski For Light Canada inc. to let Valhalla lodge know that they have decided to cancel their 2021 event.

We were going to have it at William Watson Lodge but the closure due to the rebuild of the main lodge was the deciding factor. We also had to consider the health and well being of the attendees as well as the support people (like Valhalla volunteers). It looks like it might be two years before we can return to William Watson Lodge, but when we get the okay to do so, we will be in touch. Thank you for all you've done for our organization, your work is much appreciated. Stay safe and healthy.



Watson Lodge in the moonlight. Find a link to other photos of the 2020 SFL event [here](#)

## HOW DO WE MEET WHEN WE CAN'T, OR PERHAPS DON'T WANT TO, LEAVE OUR HOME?

Even though we've been going through this pandemic for some months now, many are still not comfortable going out into public unless it is necessary. With many in our lodge being in the most susceptible group, perhaps we need to look at alternative ways that we can get together and share each other's company. Sharing coffee and snacks at a physical meeting may not be in the cards for a while. We are not sure what restrictions may be in place for the kitchens at the Scan Centre.

There is nothing easier than going to a meeting place, sitting on a chair and chatting with some friends and sharing a coffee and snack. What if you could attend this meeting from the comfort of your own home, without going to that common meeting place? Would you be interested? Perhaps some of you are already doing this on a smaller scale with family and friends.



There are several technologies available that we can use to hold virtual meetings, that is, we meet online without leaving our homes. We have had a few executive meetings this way at the height of the pandemic and I believe it worked out quite well. Some of you may have already used some of these technologies in the way of Skype, Zoom or Google Meet.

To attend one of these meetings you would need a computing device such as a computer (desktop or laptop), a tablet or a smart phone, and access to the internet. If

you don't have a webcam on your computer or if you don't want to share your smiling face with the group, you could still participate and hear and see the others in the meeting.

"But this sounds too complicated for me" you say. What if all you have to do is click on a link sent to you by email and then a few other clicks on the resulting screen? It can be as simple as that.

Perhaps this type of meeting would be attractive to those who are not able to come out to our meetings regularly, for whatever reason. We can also hold information sessions, lectures and other gatherings beyond a regular meeting. Maybe we can have a business meeting online and a social meeting once a month once we get back to meeting in person. The opportunities are limited only by our fear of trying something new.

Perhaps you don't have a computer, tablet or smart phone. One option might be to have a meeting place where those comfortable meeting can gather and share that meeting using this technology to those wishing to participate online. A family member or friend who you meet with may be willing to share their computer time and join the meeting with you, a virtual guest. If this type of technology is new to you, wouldn't it be great if you could see your children, grandchildren or great-grandchildren living in another location on a regular basis? The possibilities are there if we can just take that first step.

To this end, I would ask that you share your thoughts by sending me an email at [president@sofncalgary.ca](mailto:president@sofncalgary.ca).

- Given the current situation and uncertainty of what may be in store, would you be willing to try online meetings?
- Do you have any experience using technologies like Zoom or Skype?
- Do you have a computing device like a computer, tablet or smart phone? Does it have a camera?

We plan to meet in some fashion in September. Stay tuned for what that meeting may look like.

Hilsen,  
Ron