Valhall Viking

April 2016

Number 3

1912—2016

VALHALL LODGE

Meetings
at
Ascension Lutheran Church
5106 Zion Ave.
San Diego, CA 92120

www.lodgeofvalhall.com

www.sofn.com

Www.sofn6.org

Next Lodge Meeting
BINGO NIGHT!!
Mon Apr. 11, 2016
7:00 pm

Newsletter Deadline:
Apr. 23, 2016

President's Message

Gratularer med dagen were the words of the evening at the anniversary social this past Saturday. Valhall celebrated 104 years with a wonderful dinner, a musical presentation, and a history lesson from Helga Moore and Sven Olsen. It was a great evening. If you were not there, you were missed!!

Your convention delegates, Susan Cody, Else Ottesen, Judy Sawyer, Arlene LaBree, Steve Rawlinson, and Maury Lee will be providing some fun at our next lodge meeting as a fundraiser for our convention coffers. I hope that all of you will be able to attend.

Valhall continues to receive positive comments about our new meeting site at Ascension Lutheran Church. While we are still in the process of getting cupboards installed, and the library put in place, it is hoped that this will all come together really soon. I know that there are many members who have not attended a meeting or social yet. You really must come down and see our new home! It is fantastic.

Please be sure to mark your calendars for May 21st for our Syttende Mai social. It will be here before you know it!!!!
Hilsen,
Susan

Valhall Lodge 6-25

Come Join Us for

Following the Lodge Meeting on April 11 at 7pm

there will be a

Delegates' Social:

"Bingo into Spring"

Don't miss out on a fun-filled evening to help us
get ready for the District Convention
with a chance for you to win great prizes

We will play "White Elephant Bingo"
> Bingo cards $2.00 each

Hot Dogs, Potato Salad, Beans, Dessert...$4.00 donation.

Ascension Lutheran Church
5106 Zion Ave.
San Diego, CA 92120

Camp Norge Camperships

"Camperships" available from SPPC for Both Camps at Camp Norge

"Camperships" (½ scholarships) are available from Southland Past Presidents Club (SPPC) for the two District Six camps held at Camp Norge. Camp Trollfjell, the District Six Language & Heritage Camp for youth, ages 8-13, will be held July 10 - 23, 2016. The new camp, Trollfjell Folkehøgskule, or Folk High School, for youth 14-17 years old, will be June 26 - July 9, 2016.

Both "camperships" will be $437.50, half the cost of the two-week camp registration, based on early registration with the camp before May 17. The SPPC deadline for applying for a "campership" for either session is **May 7, 2016.**

See the new District Six website, www.sofn6.org under the Youth heading for more information and to apply to attend either camp session. Camp registration is separate from the campership (½ scholarship) application.

Applicants for the SPPC camperships can be a youth member or a child, grandchild, or great grandchild of a Sons of Norway member from Zone 5 or Zone 6 in District Six.

Applications for the SPPC campership should be sent to Luella Grangaard, SPPC Secretary, P.O. Box 832, Morongo Valley, CA 92256 or to Luella at morongo2@verizon.net stating the applicant's name, age, birth date, telephone number, the reason for wanting to attend Camp Trollfjell or Trollfjell Folkehøgskule, and the name of the parent/grandparent member and their lodge name. **The campership application must be received by May 7, 2016**.

The number of camperships to be awarded will be determined at the SPPC Spring meeting in conjunction with Norrøna Lodge #6-50 meeting on May 14. The camperships will then be awarded by a drawing.

Lodge Officers for 2016

President	Susan Cody	619-303-5220
Vice-President	VACANT	
Counselor	Rick Hausvik	619-579-5447
Secretary	Janet Weber	858-484-3996
Assist. Secretary	VACANT	
Financial Secretary	Aprell Bigler	619-284-6221
Treasurer	Millie Wright	619-443-0942
Social Director	Judy Sawyer	619-993-9113
Assist. Social Director	Joyce Oen	858-271-6229
Cultural Director	Sven Olsen	760-735-6171
Marshal	Steve Rawlinson	619-275-1934
Assistant Marshal	Patrick Kearney	
Greeter	Lou Coover	610-264-9486
Historian	Jean Shogren	619-287-6056
Librarian	Else Ottesen	858-569-5960
Musician	Ragnhild Amble	619-465-7425
Editor	Arlene LaBree	858-271-8709
Assistant Editor	Amelia Seeto-Murguia	619-988-2452
Foundation Director	Rick Hausvik	619-579-5447
Publicity Director	Sven Olsen	760-735-6171
Youth Director	Ellen Spitzer	619-444-9077
Sports Director	Ellen Spitzer	619-444-9077
Trustee (3 years)	Raymond Johnsen	858-459-5430
Trustee (1 year)	Joyce Oen	858-217-6229
Trustee (2 years)	Judy Sawyer	619-993-9113
Auditors:	Allen Johannesen	858-452-1797
	Thelma Johannesen	858-452-1797
	Sig Stautland	619-299-9237
Corporation Directors		
	Andy Ueland	619-226-1946
	Don Balmer	619-466-2179
	Susan Cody	619-303-5220
Corporation Officers		
President	Allen Johannesen	858-452-1797
Vice President	Sigurd Stautland	619-299-9237
Secretary	Aprell Bigler	619-284-6221
Treasurer	Rick Hausvik	619-579-5447

Happy Birthday

Gratulerer Med Dagen!

April 2016 Birthdays

1	Kjell Holmes
3	Patricia Becker
5	Kevin De Nino
6	Bruce Furchner
6	Philip Lotze
9	Andreas Ueland
17	Norman Magneson
18	Lillian Jansen
20	Kenneth Lindebrekke
21	Judith Johnson
22	Doris Anderson
22	Floyd Wergeland Jr
22	Charles Sundry
22	Dean Seiler
23	Kenneth Paulovich
24	Sigurd Stautland
30	Ralph Sather

Congratulation to Jeanette Rock!

Jeanette Rock received a Forty year Son's of Norway Membership pin and Certificate from President Susan Cody at-Valhall's Salmon Dinner on February 20, 2016

Barnas Klubb

Crafts, Cooking, & Culture

Valhall Lodge Kids Activities at Socials

New Members

Valhall welcomes two new members to our lodge: Mary Janet Hall and Christopher Rogeness Hope you enjoy our lodge!

Knit & Chat

Socializing at House of Norway with or without knitting. We have decided to move the day for our meetings, since parking was so difficult on Tuesday afternoons. The new meeting time is the second Thursday of the month, at 10:00. All ladies are welcome!

Our next meeting is Thursday, April 14th at 10am at the House of Norway in Balboa Park.

TV Series of Interest

If you have Netflix at home, look up the Norwegian series called ***Occupied*** which is a 10 episode series based on Jo Nesbø's writings. You are going to love it.

Jo Nesbø is a popular Norwegian crime novelist who has fans all over the world, many of whom are in our own lodge's Ladies of Valhall group! His stories are often in locations other than Norway.

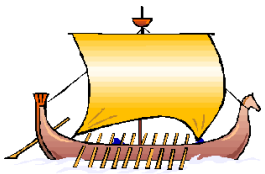
Circle the Date:

May 21st, 2016

Valhall will be celebrating the Syttende Mai at their May social on that date! Details in the next newsletter.

House of Norway will have its annual Norwegian Flag Raising in Balboa Park on the 17th of May.

LOV NOTES



March 2016

Next Meeting: May 7, 2016 at 9:00am. Denny's Restaurant in Fletcher Hills
Hostesses: Barbara Evje & Anita Reith

The potted violet flower centerpieces reminded us all that spring is in the air and that Irish Leprechauns would soon be on the loose round about the 17th of the month.

Under the heading of new business I shared a letter received from Vesterheim Museum announcing their folk art school celebrating a 50th Anniversary this year. Anne Hoidal reminded us how generous Vesterheim had been providing support, when our organization took part in sponsoring the Norwegian Folk Art Exhibit at the Mingei International Museum, during Norway's 100 Anniversary celebrating its peaceful separation from Sweden in 2005. It was decided that we would reciprocate by making a $1000 donation in support of their Anniversary.

It was also moved and seconded to give Susan Cody authority to offer a maximum donation of $1000 to Camp Norge if the issue arises at the Regional Convention in Colorado this June.

Anne-Charlotte Harvey was our guest speaker this month. She spoke to us about the origin of the idea for her writing her play, *Dinner with Marlene* that is having its premiere showing at the Lamb's Playhouse in Coronado. April 22-May 29. The year before her father passed away he reminisced about having dinner with the movie star Marlene Dietrich. From the one page of notes she recorded about the occasion, she proceeded to do research on the noteworthy group of artists, writers, and socialites present at the Paris dinner party in 1938 when Anne-Charlotte's father was in Paris on business. Swedish night will be observed on Saturday, May 7, and all of us Norwegians are invited to participate.

Dale Royal, LOV President

Bingo Night
April 11 at 7pm

See page 2 for details

SERVICES DIRECTORY

Financial Benefits Counselor
Pat Kelly
(818) 986-7199
amlives@aol.com

Valhall Web Master
Steve Rawlinson
sjr@alum.mit.edu

Sunshine Committee:
Ingrid Lindgren
(858) 277-3376
Wendy Hovland-Henry
858-451-7964

Blood Bank Representative
David Murguia
(619) 755-3297

Tubfrim Chairperson
Susan Cody
619-303-5220

Rosemaling Classes
Carmen Cleary
(619) 922-6071

Minutes of the Valhall Lodge Meeting

Monday, March 14, 2016

CALL TO ORDER: President Susan Cody called the meeting to order at 7:00 PM.

APPROVAL OF THE MINUTES: The minutes of the January Board Meeting and the February Lodge Meeting were accepted as printed in the March Valhall Viking, No. 2.

COMMITTEE and DIRECTOR REPORTS:
Membership: Aprell reported that she had applications for new members Chris Rogeness, Janet Coulon and Mary Jan Hall. All were in attendance.

Social Director: Susan Cody reported for Judy and reminded us that the next social will be March 19 at 4:30. Helga Moore added that it will be catered and there were 43 reservations so far. She added that there will be surprise entertainment.

Cultural: Sven reported that he is planning a cultural program for the next meeting. He will need some help with the entertainment system at the church. Steve will put him in touch with Dale from the church who can show him how it works.

Publicity: no report

Newsletter: no report

Website: no report

Library: Still packed in boxes. Susan added that the church is actively planning for cabinet installation and other improvements.

Historian: Jean is finishing photo albums

Sports Director: absent

Foundation: absent

Corporation: absent

Sunshine: Wendy Hovland reported that she sent cards to Ingrid Lindgren, Peter Lindgren and Kim Bardin.

OLD BUSINESS:
1) Susan reported that there is a change in the delegates going to the convention. Delegates will be Else Ottesen, Judy Sawyer, Arlene LaBree, Steve Rawlinson, Maury Lee and Susan.

NEW BUSINESS:
1) Susan reported that with great regret, Marc Schaeffer has resigned as Vice President of Valhall. He feels that he is too busy with his work to effectively do the job at this time. He will continue as a Valhall member.

2) Susan reported that there will be a board meeting on April 20, 2016.

FINANCIAL OFFICER'S REPORTS:
Aprell Bigler presented the Financial report and the Treasurer's report for Millie, who was unable to attend the meeting.

REMARKS FOR THE GOOD OF THE ORDER:
1) Sven reported that the Brain Injury Foundation Walk is this Saturday, March 19 and that several Hiking Vikings will be walking, and all are welcome to walk or donate to the Foundation.

2) Oddvar Høidal reported that an excellent Norwegian movie is playing at the Landmark Theater in Hillcrest. It is called "Bølgen", which in English is "The Wave". It is a natural disaster movie that has won many awards in Norway and good reviews in the LA Times. It has English subtitles.

3) Steve Rawlinson reported that there is an easy link to the upcoming convention on the Valhall website.

4) Susan reported that Lyle Berge from District 6 unexpectedly died of a heart attack. He will be greatly missed.

5) Jean Shogren reminded us that LOV is celebrating their 25th anniversary with a luncheon on April 2. All are invited, and there will be fun entertainment. More information is in the current newsletter.
6) Valhall will be having their 104th anniversary dinner this Saturday.

ADJOURNMENT: The next lodge social will be March 19, and the next meeting will be April 11, 2016 at 7PM.

There were 27 members present and the lodge meeting was adjourned at 7:25 PM.

Respectfully submitted by:
Janet Weber
Secretary
Valhall Lodge #6-25

Annual MS Walk

David Haavig, president of Norge Lodge in Vista has sent information to Valhall Lodge about the upcoming walk in Carlsbad to benefit the National Multiple Sclerosis Society. Norge Lodge participates in this event every year.

The annual Walk MS event is coming soon and we encourage all to participate in some way. The walk is on Saturday evening April 16. Check-in is at 4 and the walk starts at 5. The walk is FREE for all participants, but you can submit donations and they will be greatly appreciated,

Please consider walking with us or making a donation. many of us that do the walk are dressed in viking garb. THAT IS NOT REQUIRED. Many of our walkers do not dress up in viking garb. Come as you are! Also, while the entire walk is 3-miles, you do not need to walk the entire distance. You can turn around and go relax in our tent at any time. To join us in the walk, simply click here: http://main.nationalmssociety.org/goto/Norwegianfishclub and then click the "Join our Team" button on the upper left.

To make a donation, visit: http://main.nationalmssociety.org/goto/Norwegianfishclub and scroll down to the name of a walker and click the donate button!

More information may be seen at:
http://main.nationalmssociety.org/goto/Norwegianfishclub
http://www.nationalmssociety.org/NationalMSSociety/media/MSNationalFiles/Brochures/Brochure-Just-the-Facts.pdf
Dave Haavig
President, Norge Lodge

Sign Up for WalkMS Now!

Article by Paula Montagna

It is time to sign up for WalkMS! If you have not already done so, please go to http://main.nationalmssociety.org/goto/Norwegianfishclub today and sign up to walk with us.

If you cannot be in Carlsbad for the actual walk on 16 April, please sign up as a virtual walker. The more of us that show our solidarity towards ending multiple sclerosis (MS) and the more money we raise towards that end, the faster we can find permanent solutions for those living with the disease.

As per the National Multiple Sclerosis Society, MS affects the central nervous system, disrupting the flow of information both from within the brain and from the brain to the body. It attacks central nervous system tissue cells, causing nerve connection damage. Current research indicates that MS is triggered in genetically susceptible individuals by environmental factors. An estimated 2.3 million people worldwide are living with MS.

Although anyone may contract the disease, MS is more common among those with a Northern European heritage. This fact makes combatting this disease important to those of Norwegian and other Scandinavian heritages. It is one of the reasons that we participate yearly in WalkMS and why your participation is so valuable.

Tusen takk to those of you who have already signed up for Walk MS. Another tusen takk both to those of you will be signing up now and to those of you who will be inviting your family, friends, and neighbors to join. Together, we can make a mighty difference for those living with MS.

Valhall's 104th Anniversary Celebration

On March 19th, Valhall celebrated its 104th Anniversary with a catered dinner and entertainment at the new lodge location. Helga Moore was chairperson.

The San Diego Mannskor and Joyce Olsen provided musical entertainment, Sven Olson and Helga Moore gave presntations on the history of Valhall.

The entertainment was delightful and the dinner was delicious!

Rosalie Olson, Judy Sawyer and event chairperson Helga Moore arranged flowers for the dinner.

Some of Valhall's Past Presidents were at the Anniversary Dinner—Erling Nyhammer, Susan Cody(current president), Sven Olsen, Helga Moore and Sig Stautland.

Sitting at the Registration table to welcome guests were Lou and LaVonne Coover. Standing: Rosalie Olson

Joyce Olsen sang a beautiful song at the anniversary that she had sang to her husband Sven on their wedding day.

The San Diego Mannskor entertained us with some songs.

Talented pianist Chan Valdez accompanied the Mannskor at the Anniversary Dinner

Cultural Directory Sven Olsen and Anniversary Chairman Helga Moore shared history of Valhall at the Anniversary Dinner

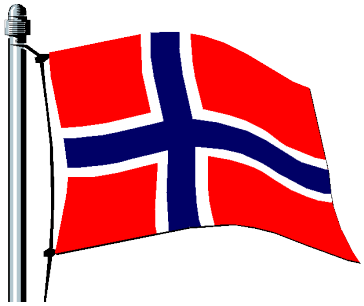
Lorraine Tucker surrounded by daughters Gale Schaffroth and Susan Hansen-Lubric at the Anniversary Dinner.

Members Charles and Rhona Gorder at the Anniversary Dinner.

New member Christopher Rogeness and President Susan Cody at the March lodge meeting.

Secretary Aprell Bigler with Jeanne Scott at March lodge meeting

Vigeland Sculpture Park Tops the Tourist List



If there's one thing Norwegian tourists do when they are on vacation in Oslo, it is visit Vigeland Sculpture Park. The sculptures top the list of sights Norwegians have visited in their own country.These results were shown by a [2014] nationwide survey by TNS Gallup for the Norwegian Hospitality Association.1,057 Norwegians over 18 were asked about their vacation plans. So again this year, many will pose angrily in front of Sinnataggen—the Spitfire—in a running pose in front of running sculptures and a lifting pose in front of the figures that are lifting.

In addition to Vigeland Park, there are two other attractions from the Oslo region among the top five most-visited: Holmenkollen Ski Jump and Ski Museum and Tusenfryd amusement park just outside the city. The same survey also shows that "everyone" has been to Oslo, and that among those who are taking a summer vacation in their own country this year, most are spending it in the eastern part of Norway.

"It's clear. Oslo is Norway's biggest tourist town," says director of the Norwegian Hospitality Association, Kristin Krohn Devold. She says she is a bit amused when small towns are allowed to have stores open on Sundays because they are tourist towns. It is actually Oslo that most people are visiting. "We have national monuments in this city that everyone wants to experience, such as the Opera. It has become a tourist destination much like Vigeland Park. People mostly aren't going to see an opera, but they want to stroll on the rooftop. And Vigeland Park has become Norway's answer to Central Park. People jog, run, exercise and go for walks. The park is widely used both by those who live there and tourists, she said.

The Norwegian Hospitality Association's vacation survey also shows that Preikestolen (Pulpit Rock) and Nordkapp (The North Cape) are at the very bottom on the list of sights Norwegians have visited. "It probably has a bit to do with where these sites are located. Preikestolen is just outside Stavanger, and many Norwegians may think of Stavanger as more of a business hub than a vacation destination," says Krohn Devold. Preikestolen is by far the most-visited mountain in Norway, much more visited than the Galdhøpiggen and Besseggen. But apparently it is more attractive among foreigners than among Norwegians. The same goes for Nordkapp. "For Norwegians it's probably not a big goal in itself to stand at the northernmost point of Europe. For us it's probably more interesting to travel to Tromsø or Lofoten to have interesting experiences in Northern Norway, says Kristin Krohn Devold.

The Norwegian Hospitality Association's survey also shows that one in four Norwegians have never been in Northern Norway. And the Norwegian Hospitality director thinks this is too bad. "Yes, Norwegians need to wake up. Northern Norway is so amazing. Now it's possible to get cheap flights to several places in Northern Norway, to the airports where there are two competing companies. These include Tromsø, Bodø, Kirkenes and Evenes among others," she says. Kristin Krohn Devold encourages anyone who has not been to Northern Norway before to buy a plane ticket and rent a car to see more of the region.

Norwegians have visited these sights:

1) Vigeland Sculpture Park 78%
2) Kristiansand Zoo 74%
3) TusenFryd amusement park 71%
4) Nidaros Cathedral in Trondheim 70%
5) Holmenkollen Ski Jump and Ski Museum 63 %
6) Fløibanen, funicular in Bergen 62%
7) Hunderfossen Familiepark - amusement park 60%
8) Geiranger Fjord 46%
9) Vøringsfossen – 500 ft (163 m) waterfall 46%
10) Fredriksten festning – fortress in Halden 44%
11) Lofoten archipelago 42%
12) The National Gallery 42%
13) Flåm Line - scenic railway 28%
14) Preikestolen – Pulpit Rock 21%
15) Nordkapp – The North Cape 21%
16) None of these 1%

Norwegians have been to these cities:

1) Oslo 98%
2) Bergen 89%
3) Trondheim 87%
4) Drammen 80%
5) Kristiansand 84%
7) Fredrikstad 70%
8) Tromsø 60%
9) Ålesund 59%
10) Bodø 53%
11) Førde 37%
12) Alta 30%

Almond Cake

Ingredients
4 Eggs
¾ Cup sugar
1 Tsp baking powder
2 Cups ground almonds or other nuts

Recipe
Preheat the oven to 350 degrees F.

Beat eggs and sugar until light and lemon-colored. Combine baking powder and nuts and fold carefully into the egg mixture.

Pour into a greased 9" spring-form pan.

Bake 30 minutes.

Cool in the pan. Serve with whipped cream or ice cream.

This recipe is taken from The Norwegian Kitchen'which is available for purchase through the Vesterheim Bookstore.

Sons of Norway
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.

Social Committees

April 11
Bingo Night/Lodge Meeting
Convention Delegates
Susan Cody
Arlene LaBree
Maury Lee
Else Ottesen
Steve Rawlinson
Judy Sawyer

May 21
Syttende Mai Dinner
Marc Shaefer
Susan & Chuck Hansen
Colette Burgess
Barbara Paulovich
Myla Coleman
Barbara Evje
Don Lesney
Anne & Oddvar Hoidal
Eldbjorg Backous
Rodney Dahl

June 17
Lodge Meeting & Ice Cream Social
Thelma & Alan Johannesen
Jens & Sylvia Lang
John Chisholm
LillianJansen
JoAnn Kaheel

July and August
No meetings/socials

Hiking Vikings at the Survive Headstrong -Walk for Recovery

On March 19th, Valhall members and friends joined the SDBIF (San Diego Brain Injury) Walk to help benefit this valuable organization. Our team was called the Hiking Vikings.

The walk was at Mission Bay, and was a three mile walk. It was cool, not cold and the sun came out as we walked. It was a beautiful day to spend at the Bay! There were also lots of displays set up to show the different organizations that provide help for brain injury patients. There were lots of free goodies and also some great raffle prizes. We hope more members will join us next year for this fnn and easy walk!

Chuck and Susan Hansen would like to thank all the Hiking Vikings who supported survive HEADSTRONG - Walk for Recovery on Saturday, March 19, at Mission Bay.

Proceeds go to the operation of the San Diego Brain Injury Foundation whose mission is to improve the quality of life for brain injury survivors and their families living in San Diego County.

Thank you for helping us make a big difference in people's lives.

Team Hiking Vikings

SIXTY THIRD

ROSEMALING SEMINAR AT CAMP NORGE

April 23/24, 2016

It is time to make your reservations for the adult (18 years and over) Spring Rosemaling Seminar at Camp Norge. We will have two classes. The teachers are Karen Nelson and Carl Larson.

We will be painting a 10" ale plate (round plate with handles on two sides). Karen is teaching a Valdres pattern on a blue/green background. Carl will teach a Rogaland design with a touch of Valdres influence on a black background. Check the Camp Norge Website for pictures of both projects: www.campnorge.org. I am also attaching them to this notice.

Please make your bed reservation with me. I develop the list of who is in which room. You will pay for your bed when you arrive at Camp. It is not included in your class fee. Bring your current membership card. If you can't locate your membership card, bring the last issue of your Viking Magazine. It has your number in the address box. Members pay $16.20 per night; guests pay $27.00 for beds in the dorms, which includes 8% Placer County Occupancy Tax. Only members are allowed to stay in the main house and the cozy cabins. For people who want to room together, I need to receive the list of names with the first reservation. RV's are encouraged as we have a limited number of beds. Members pay $25 per night for up to four people per RV. Guests pay $35 per night for RV's. Camp has electrical and water, but no sewer hookups. Tents are $15 for up to four people for members, $20 for non members. No occupancy tax on RV's or tents. Pets are $2 per night. Pets are not allowed in any of the buildings, pool area or sleeping rooms at any time.

Please include your full phone number, address and lodge name and number when registering. If you have e-mail, please include your e-mail address. It is so much faster and cheaper if I need to talk to you. The supply lists will be sent when I receive your registration form and check. **ABSOLUTELY NO E-MAIL RESERVATION REQUESTS.** I need the check and registration form together. Be sure to send a self addressed stamped envelope for your supply list and class confirmation information if you do not have e-mail. *I will not be sending you a supply list unless you send me a self-addressed, stamped envelope or your e-mail address with your registration form*

The cost of the seminar will be $87 for registration which includes the class and wood piece all base coated and ready to go, hall rent, and the meals. There will be $25 cancellation fee for any cancellations, but absolutely no cancellations after April 9th. It is difficult for people on the waiting list to take your place if they do not have at least a couple of weeks to make their plans, so please be thoughtful. Melanie Souza will again do our cooking. The cost for food for the weekend is included in the $87 registration fee. The food includes breakfast, lunch and dinner on Saturday and breakfast and lunch on Sunday. You were so very generous and cooperative with the cookies last time. I do so appreciate that. We will ask just one class to bring cookies, and will rotate those classes each time. The information will be on your supply list.

My e-mail address is pennyjknudsen@sbcglobal.net. My phone number is (916) 941-6433. Please cut off and complete the following registration form, make your check payable to Penny (not Camp Norge) and return as soon as possible with your stamped, self-addressed envelope for supply list if you do not wish to receive it by e-mail, to:

Penny Joseph Knudsen, 3774 Park Drive, El Dorado Hills, California 95762

APRIL 23/24, 2016 ROSEMALING SEMINAR REGISTRATION FORM

Name _____ Phone (_____) _____ I need a bed reservation: Yes_____ No _____

Address _____ e-mail address _____ I want to room with: _____

City _____ Zip _____ Name of Lodge _____

Class I want is: Karen_____ Carl_____ I am bringing my RV _____

I am enclosing $87 for registration fee for food and class. I am bringing my tent _____

My spouse and/or family will be eating with us and I enclose $35 for each _____

Iron Age Settlement Discovered in Norway

Archaeologists in Norway recently collected an array of Iron Age artifacts from an excavation site near Ørland Airport. Known to be a promising area that was likely to yield relics, the region was unavailable for exploration due to government restrictions on archaeological digs until an expansion at the nearby airport offered an opportunity for excavation.

At one time on the edges of a secluded bay, the 22-acre survey site appears to have been a 1,500-year-old farming and fishing community. "It was a sheltered area along the Norwegian coastal route from southern Norway to the northern coasts. And it was at the mouth of Trondheim Fjord, which was a vital link to Sweden and the inner regions of mid-Norway," said Ingrid Ystgaard of the Norwegian University of Science and Technology (NTNU).

Among the preliminary findings were postholes for three longhouses and waste piles called middens, where garbage would have been discarded. Fortunately for the researchers, the low acidity of the sandy soil provided the perfect medium for preserving the contents of the middens, yielding animal bones, glass and amber pieces of jewelry and a shard of glass from a goblet.

A first-of-its-kind discovery for Norway, the Iron Age refuse provides researchers with valuable insights into what the villagers ate (fish and seabirds), what they wore and how they lived.

The shard of glass also indicates that the village was wealthy enough that trade for glass would have been possible.

To learn more about the settlement, or to watch or future discoveries at the site, visit the NTNU's research webzine at
www.Gemini.no/en.

Stein Eriksen: Skiing Icon

Legendary skier Stein Eriksen passed away in late December at the age of 88. An internationally known and beloved figure, Eriksen accomplished much during his lifetime, earning not only Olympic and World Championship gold medals but glowing praise and admiration for his infinite contributions to the sport of skiing.

An athlete from an early age, Eriksen began his competitive skiing career as one of the top slalom racers in Norway. After collecting a bronze medal for slalom in the 1950 World Championships, Eriksen went on to become the first male alpine skiing Olympic champion to hail from a country outside the Alps—earning both a gold medal in giant slalom and a silver in slalom in the 1952 Winter Olympic games in Oslo. Two years later he collected three additional gold medals at the 1954 World Championships in Åre, Sweden.

Beyond his competitive achievements, Eriksen was known for his uncanny ability and grace as a skier. One of the sport's first superstars, he pioneered the reverse-shoulder turning technique and the daring flips and aerial maneuvers he completed in exhibitions inspired the sport of freestyle skiing. Ski writer and former skier Nicholas Howe said of Eriksen, "For most of us, even the great ones, skiing seemed to be a muscular, difficult thing. What Stein did was something else. It was all the curves and delicate balances; it was the floating grace of a ballet dancer. Where gravity was concerned, Stein seemed to have choices not open to the rest of us."

Charismatic and dedicated to advancing the sport, Eriksen was not only influential in Norway, he also used his superstar status to promote and foster the growth of the skiing industry in the United States. Upon moving to the United States in 1950, he bolstered and improved ski programs and courses and developed resorts in California, Colorado, Utah and Vermont before becoming the director of skiing at Stein Eriksen Lodge at Deer Valley resort.

Fondly remembered by those that knew him personally as well as the many who he inspired, Eriksen succeeded in leaving a lasting legacy as one of skiing's greatest pioneers. To learn more about SteiEriksen, check out these great resources:
"The Legendary Skier: The Stein Eriksen Story"
www.youtube.com/watch?v=6fARftZIlyk

"The Man and the His Mountain"
www.youtube.com/watch?v=9IZrDWosADE

Lodge Name Badges

All members are encouraged to purchase and wear name badges so that we can get to know you and you can get to know everyone else.

Order your name badge directly from Awards of Tahoe.

These are the same hard white plastic name badges with the lodge name in white and the Sons of Norway shield in red, white & blue that many members already have. Your name and Valhall #6-025 will be in blue.

The cost for each badge is $8.50 (includes tax and shipping). This badge has a pin. Magnet badges are also available for $9.50 per pin.

To obtain your name badge send this form and a check for $8.50 (or 9.50) per badge to the address shown below. Make the check payable to Awards of Tahoe
Phone: 530-541-6661
Email: AOTahoe@aol.com

AWARDS OF TAHOE
P.O. Box 10271
Zephyr Cove, Nevada 89448

Please send Sons of Norway name tag(s) for:

_____

_____

(Please Print Names)
Valhall Lodge No. 25
San Diego, CA

Enclosed is my check for _____
$8.50 or $9.50 per badge(includes tax and shipping) Payable to **Awards of Tahoe**.
Please send the name tag(s) to this address:

Name_____

Street_____

City _____**ST**____ **Zip**_____

Phone:_____

"Every Member Get a Member"

Starting January 1, 2016 through December 31, 2016 District Six has a special membership recruitment program. For every new adult member that is referred by a Sons of Norway member and that referring member's name is indicated on the membership form, that member will receive a $5.00 gift card from the District. No limitation on the number of members you may recruit. Send the form copy to:
Luella Grangaard, PO Box 832, Morongo Valley, CA 92256
For further information contact your local lodge Vice President or District Six Vice President Luella Grangaard 760-363-7704 or morongo2@verizon.net.

Look to
SONS OF NORWAY
For
Affordable Insurance and
Great Annuities.
All financial products are
Guaranteed with no risk

- Estate Panning
- Retirement Planning
- Life and Term Insurance

Contact our FBC
Financial Benefits Counselor
For California:
Pat Kelly:
Tel: 818-986-7199
Cell: 818-667-6627
Fax: 818-905-5785
Email: amlives@aol.com

This is a service provided by Sons of Norway

Valhall Viking
Published Monthly by
SONS OF NORWAY
(Valhall Lodge) 25

Arlene LaBree, Editor
11128 Blythe Road
San Diego, CA 92126-1103

NON PROFIT ORG.
U.S. POSTAGE
PAID
SAN DIEGO, CA
PERMIT No. 960

DATED MATERIAL

Please Deliver Promptly

Valhall Viking
April 2016

April

4/2	Sat	LOV 25th Anniversary Luncheon
4/11	Mon	Lodge Meeting
4/14	Thu	Knit and Chat group
4/20	Wed	Board Meeting

May

5/7	Sat	LOV Meeting
5/9	Mon	Lodge Meeting
5/9	Mon	Corp Meeting
5/12	Thu	Knit and Chat
5/17	Tue	Norwegian Flag Raising at Balboa Park
5/21	Sat	Valhall 17th of May Social

June

6/4	Sat	Ladies of Valhall
6/13	Mon	Lodge Meeting, Ice Cream Social
6/19-22		District 6 Convention

Next newsletter is the
May issue

Deadline for the
May Valhall Viking
is April 23, 2016

E-Mail articles to:
lodgevalhall@yahoo.com
or alabree25@yahoo.com