



Valhall Viking

VALHALL LODGE 6-25

San Diego, Ca

November 2017, #9

Message from the President

As I was sitting on my front porch yesterday, I was looking back to 10 years ago. As I was getting ready to leave the Kretsstevne at Pio Pico, I remember hearing a fire truck racing through the area. The wind was blowing fiercely, making it difficult to fold up my tent, and it was the beginning of the terrible fires that hit our area. Hopefully, we won't have a repeat of that event this year, as has been experienced in other parts of our state. The prediction is a warmer, drier winter. Ugh, I hope not.



On a brighter side, the Salmon Dinner and Lille Buttiken are coming up. You will have a chance to snap up some bargains on Norsk items. LOV has had a couple of very nice donations, and we will have the raffle of a Kransekake and gift basket, too. Come one, come all.

Please be sure to read the updated Standing Rules which were approved by the Board at our meeting last week. I will be presenting them to the membership for voting to accept them at our next Lodge Meeting on Nov. 13. The rules had not been reviewed for some time, and we had the opportunity to delete several outdated items and update others. A job well done to Rick Hausvik and Janet Weber!

We are about to embark on the slippery slope to the holidays. Wow, the year went by fast!! Be safe, be kind, and come to the meetings!!!
Hilsen, Susan



1912—2017

VALHALL LODGE
6-25

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

Upcoming Lodge Events

Lodge Meeting
Nov. 13, 2017
7 pm

Lodge Social
Salmon Dinner &
Lille Butikken
Nov. 18, 2017

Newsletter Deadline:
Nov 23, 2017

Knit and Chat Is Back!

Date: Thursday, November 9th

Time: 10:00-12:00

Location: House of Norway, Balboa Park



Knitters of all levels—and non-knitters, too—are invited to join us at the House of Norway to celebrate one of Norway's oldest crafts.

If you'd like to learn how, free lessons can be arranged. Contact Janet Kylstad Coulon for more information. (janet.coulon@gmail.com or 619.319.0820)

Valhall Lodge 6-25 Sons Of Norway
Ascension Lutheran Church 5106 Zion Avenue
San Diego, Ca 92120

Annual Salmon Dinner

Saturday November 18, 2017



Dinner – 5:30pm
Happy Hour—4:30pm



MENU

Fiskesuppe (Fish Soup)
Lakse Filet Eller Kjøtt boller (Salmon Filet or Meatballs)
Poteter med Persille (Potatoes with Parsley)
Vegetables
Bread
Norsk Agurksalat (Norwegian Cucumber Salad)
Dessert
Kaffe eller Te (coffee or tea)

ADULTS- \$20.00 (pre-reservation)
\$25.00 at the door

MEMBERS' CHILDREN/ GRANDCHILDREN 15 AND UNDER- FREE!
FULL TIME STUDENT MEMBERS OF VALHALL UNDER 25-FREE!

Cut off date for Reservations: Nov. 14,2017.

Make checks payable to: VALHALL LODGE # 6-25

Name _____

Guest's names _____

I need reservations for: _____ Adults _____ #Children/Student members & Ages

Amount Check Enclosed _____

How many for _____ Salmon _____ Meat Balls

Mail this Form and Check to:

Millie Wright

14215 Pecan Park Lane, #5A, El Cajon, CA 92021

619-443-0942 Grandmom2dach@gmail.com If calling/emailing for reservations, PLEASE do so by **Nov. 14,2017.**

You may pay at the Door, but PLEASE PHONE RESERVATION AHEAD!
You may also use PAYPAL on the [Http://lodgeofvalhall.com](http://lodgeofvalhall.com) website

Norway's Adventure with Oil



This was the start of the adventure. It's been 50 years since the first Norwegian oil was found.

The summer of 1967 was the start of Norway's adventure with oil. That's when the first Norwegian oil was found, on the Norwegian portion of the North Sea continental shelf.

No Norwegian oil platform had been built yet, but the oil came on the deck of the [drilling rig] Ocean Traveler. It was drilling on behalf of the company Esso. They had been allowed to search in area 001, according to the website Sysla.

The area that was searched lay about 250 kilometers into the sea, west of Stavanger. The first round of concessions took place in 1965. Then it was decided where and who would be allowed to look for oil. The search started the summer after that. Oil had already been found in other wells. These were owned by the British and the Dutch.

"During the drilling in 1966 it became apparent: There were places with oil in areas where we searched. That was a good sign. But they did not strike oil all at once," says Dag Bergslien of ExxonMobil Norway. He is a senior geologist and has been immersed in the company's history in Norway.

In the summer of 1967 it turned. They found oil, but kept it secret. Not far away, other companies kept looking.

"There was no longer just the possibility that there was oil - now it was proven. It was very good news," says Bergslien.

The Philips company also kept looking. Where they struck oil, platforms were built. Ekofisk was the first field that came into operation on the Norwegian continental shelf, Norwegian news agency NTB writes.

Article from the SON Newsletter files

Lodge Officers for 2017-2018

President	Susan Cody	619-303-5220
Vice-President	Vacant	
Counselor	Rick Hausvik	619-579-5447
Secretary	Janet Weber	858-484-3996
Assist. Secretary	Janet Kylstad Coulon	619-319-0820
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	Maury Lee	619-476-1837
Assistant Marshal	Steve Rawlinson	619-275-1934
Greeter	Lou Coover	610-264-9486
Historian	Janet Kylstad Coulon	619-319-0820
Librarian	Vacant	
Musician	Ragnhild Amble	619-465-7425
Musician	Joyce Olsen	760-735-8171
Editor	Arlene LaBree	858-271-8709
Assistant Editor	Steve Rawlinson	619-275-1934
Foundation Director	Rick Hausvik	619-579-5447
Publicity Director	Sven Olsen	760-735-6171
Youth Director	Myla Coleman	619-588-5783
Sports Director	Ellen Spitzer	619-444-9077
Web Master	Steve Rawlinson	619-275-1934
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!



NOVEMBER BIRTHDAYS

- 3 Carol Amundson
- 4 Glen Larsen Jr.
- 7 Mildred Wright
- 8 Shirley Ellingboe
- 9 Charles Gorder Sr.
- 11 Laurel Litchfield
- 11 Marc Schaefer
- 12 Carmen Cleary
- 14 Philip Hinshaw
- 15 Rebecca Bourdage
- 15 Frank Burstrom
- 15 Sandra Yeaman
- 19 Cecilia Wandiga
- 21 Audun Davik
- 21 Agnar Eike
- 25 Joyce Olsen
- 27 Laura Wendling



Barnas Klubb
Crafts, Cooking, & Culture
 Valhall Lodge Kids Activities at Socials

Along with the usual Christmas stocking stuffed with treats, the Ladies of Valhall would like to offer a special craft at the Jultrefest on December 9, a white t-shirt with a special Viking design that your child can paint with acrylic paints, also provided at the event. Please email Myla at mycokapi@yahoo.com with your child's shirt size by November 18 or let her know at the Lille Butikken.

MARK YOUR CALENDARS!



November 18th

Plan to holiday shop at the
Ladies of Valhall

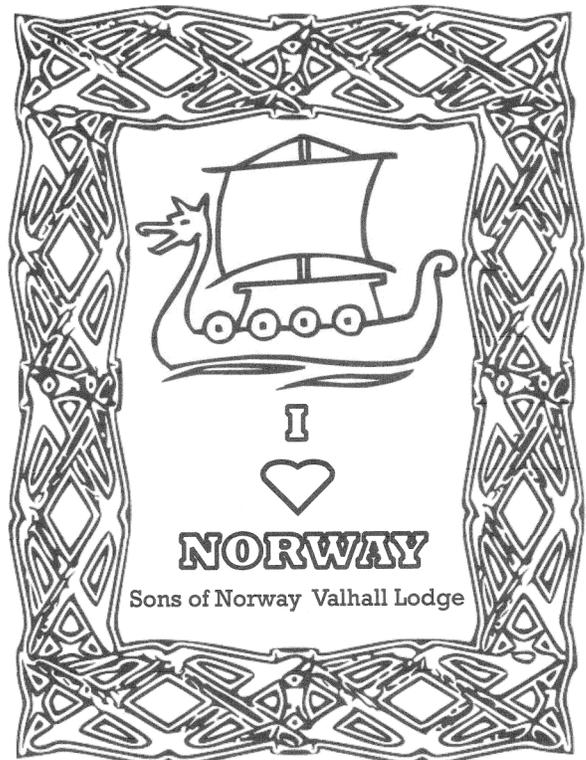
Annual Lille Butikken

Norwegian-inspired gift items, and the popular fresh-baked Norwegian Christmas cookies, lefse and julekake will be available.

Opens on the day of the Salmon Dinner before dinner and through dinner and after.

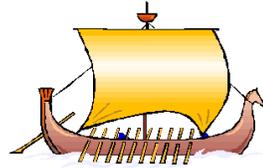


Barnas Klubb
Children's T-Shirt Design



LOV Notes

October 2017



Next meeting November 4, 2017 at 9:00 a.m. at Denny's on Fletcher Parkway

Hostesses: Anita Reith and Barbara Evje

“Remembrance of things prompts memories of family history, helps us to find commonality and get to know each other.” Sandra, wearing her “Go Wild in Minnesota” shirt, gave us another interesting topic to spark our journaling: “What were your family’s holiday traditions? Was there one that was particularly memorable?” As an example, she read a piece about the Christmas when she turned 13 and received a gift from her mother that evolved into a family legend.

Other fun moments at our meeting were when Amelia’s husband and darling little grandson popped in to say “hei”. I loved Anne’s reading of the poem on a topic that hits home for us who are getting older, “I’m So Sick of my Body”. Tam’s tale of relations with her brilliant and bossy older brother was also on target for me. Sandra shared a beautiful picture book that she purchased on vacation at Jorvik, the site of a Viking settlement in York, England.

We Ladies are gearing up for the holiday season: the Lille Butikken at the November Lodge dinner on November 18, our Christmas Luncheon on December 9 and the Lodge Jultrefest Dinner, also on December 9. I plan to attend both...as Susan Cody said, what’s better than two parties on one day? We won’t have to cook! The Butikken will have some great items for sale, from baked goods to gifts to yummy gjetost and lefse. I look forward to great food and fun at our Christmas Luncheon. As in years past, we will invite husbands to join us for the festivities.

Discussion of providing white t-shirts for kids to paint as a craft at the Jultrefest led to the idea of also printing shirts for adult members. I understand that it’s been a few years since t-shirts were available that had our lodge name on them. Jean Shogren and Barbara Evje brought me samples of what had been done in the past so that we can work on a new design. It was suggested that a bright blue with white printing would be nice for adults. The committee is still researching the cost of the t-shirts. Look for more information in the next Valhall Viking newsletter.

Thanks to everyone who has stepped up to help on the various committee projects, and to Ragnhild and Eldbjørg for the lovely decorations and delicious treats at our meeting.

Ha det bra!
Myla Coleman



Ragnhild and Eldbjørg, hostesses at the Oct.. LOV meeting holding party favors they brought.



Dale read a poem at the meeting “My Ancestral Home”



Amelia introduces her husband David and grandson Noah, surprise visitors at the LOV meeting.



Minutes of the Valhall Lodge Meeting Monday, October 9, 2017

CALL TO ORDER: President Susan Cody called the meeting to order at 7:00 PM, and wished everyone a Happy Leif Erikson Day!

APPROVAL OF THE MINUTES: The September Lodge Meeting minutes were accepted as printed in the October Valhall Viking #8.

VISITORS: There were no visitors, but it was great seeing new member Letty Cotta at the meeting, welcome!

OFFICER REPORTS:

Secretary: Janet shared a thank you card and obituary sent from the Rem family.

COMMITTEE AND DIRECTOR REPORTS:

Social: (1) Susan, reporting for Judy, thanked everyone for the excellent Lutefisk social.

(2) Susan reported that the Christmas social will be held on December 9, the second Saturday, instead of the third due to a church conflict.

Website: Steve reported that he will be

traveling in November and PayPal will not be available for the November Salm-on Social.

Youth: Myla shared with the members a craft project she is developing for the Christmas social. She asked for input on modifications that might make it more interesting for the kids but still promote our lodge. She also shared a vintage Valhall Lodge T-shirt, stating that members have expressed interest in getting new ones. She will investigate getting a feminine style as well as the traditional T-shirt style.

Foundation: Rick is preparing to send a \$250 donation to the Sons of Norway Foundation. In addition, \$500 will be given to the Mannskor, and \$250 to Camp Norge.

Sunshine: Wendy reported that she will send get well cards to Allen Johannesen and Sig Stautland.

FOR THE GOOD OF THE ORDER:

(1) Marc Shaefer reported that there will be safe trick-or-treating at the International Cottages in Balboa Park on October 28.

(2) Janet Coulon reported that the Seaman's Church will be having a service at Ascension Lutheran Church on Sunday, October 15. She has attended in the past and it is a very nice service, but attendance from the local community is poor. She encouraged us to go, adding that they have a nice social time after the service with coffee and cakes.

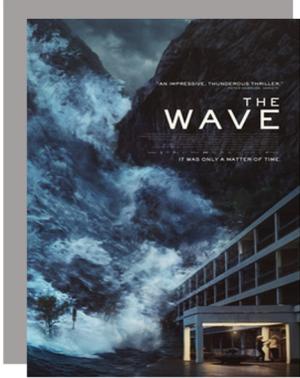
(3) Janet Weber stated that she attended the Vista Viking Festival for the first time this year, it was quite an exciting event and nice to see several of our members volunteering there.

ADJOURNMENT: The next lodge meeting will be November 13 and the next social is November 18. The next board meeting will be October 18.

There were 21 members present and the lodge meeting was adjourned at 7:20 PM.

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

MULTI - AWARD WINNING! AUDIENCE FAVORITE!



MOVIE NIGHT!

presented by



HOUSE of NORWAY

Friday Night!

Date: NOV 17th
Time: 6:00pm
Place:
Hall of Nations
2191 Pan American Rd. W.
Balboa Park

Norway is a rockslide prone area and *The Wave* is based on a rock-slide tsunami incident which destroyed the village of Tafjord on 7 April 1934, killing 40 people.

*English Sub-titles
*Rated R

RSVP: *meetup*
Type in: **San Diego Norwegian Culture**
Donations are greatly appreciated!



RATED 82% on ROTTEN TOMATOES !



Minutes of the Valhall Board Meeting Monday, October 18, 2017

CALL TO ORDER: President Susan Cody called the meeting to order at 7:00 PM. There were 8 board members present: they are listed at the end of the minutes.

APPROVAL OF THE MINUTES: The minutes of the July Board Meeting were accepted as printed in the August Valhall Viking, #6.

COMMITTEE AND DIRECTOR REPORTS:

Social: (1) Judy reported that our next social is the November Salmon Dinner and Lillebutikken. (2) Susan reported that several members were surprised we had Lutefisk in September. It was changed due to multiple Scandinavian organizations having lutefisk in November, and the board thought it fit well for our Heritage social. After discussion it was decided that for 2018 we will move it back to February as it was several years ago.

(3) Preliminary schedule of socials for 2018:

- January- no social
- February-Lutefisk
- March-Lapskaus
- April-no social
- May-Sytennde Mai celebration
- June-Ice cream social at lodge meeting
- July & August-no socials
- September-Får i Kål
- October-Kretsstevne
- November-Salmon dinner and Lille Butikken
- December-Juletreffest

There will be a lodge meeting every month except July and August.

(4) Susan remarked that very few from our lodge have registered for the Southern CA Kretsstevne. In comparison, the Northern CA Kretsstevne held at Camp Norge has strong attendance. Members could attend that one if they desired.

Website: Steve reported that he will be away for most of November, but will do what he can with the website using a tablet computer.

The flyer for the Christmas social needs to be completed and sent to Arlene for publication in the newsletter. We need to inform everyone about the date change.

OLD BUSINESS:

(1) Rick Hausvik provided copies of the revised Valhall Standing Rules for review and approval. A few minor corrections were made. A motion was made by Arlene to accept the rules. Motion was seconded by Rick and passed. The rules will be presented to the membership at the next lodge meeting, and also published in the newsletter and on the website.

(2) Rick and Janet Weber are working on completing revisions for the By-laws. They will present the final version at the January board meeting.

(3) The shed window has been repaired, thank you Rick!

(4) Susan had been talking to someone who expressed interest in the Vice President position, but he didn't attend meetings and is apparently not pursuing the position.

(5) The board had discussion about refunds for socials if a member pre-pays but is unable to attend. Normally there is a no-refund policy. The prepay rate is less than the pay-at-the-door rate. Reservations and prepaying help the social committee determine how many people to expect, and therefore how much food and supplies are needed, while giving early reservations a discount. It was suggested that, if a reservation is cancelled after the deadline, the board can approve a refund determined by the circumstances of the cancellation. This policy will be added to the Standing Rules.

(6) Janet Weber expressed a wish to see some additional entertainment at socials, such as the "Summer Januar-ies".

FOR THE GOOD OF THE ORDER:

(1) Arlene expressed disappointment that the lodge isn't offering as many

cultural activities as in years past, such as language, genealogy, cooking and folk dancing. Woodcarving is offered at House of Norway, and rosemaling is offered at a member's home on a regular basis. The lodge would love to be offering more, but is having difficulty finding instructors for these activities.

(2) Maury reported that the movie **THE WAVE** will be shown at the hall of Nations in Balboa Park on November 17.

The following members were present at this board meeting: Susan Cody, Maury Lee, Millie Wright, Rick Hausvik, Judy Sawyer, Arlene LaBree, Janet Weber and Steve Rawlinson

Adjournment:

The board meeting adjourned at 8:15 PM. The next lodge meeting will be November 13, the next social will be November 18, and the next board meeting will be January 17, 2018.

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

Xmas Party change!!

Valhall's Annual Jultreffest Potluck will be on the 2nd Saturday in December due to a scheduling conflict.

December 9th is the new date for the festivities.



STANDING RULES of VALHALL LODGE 6-25

1. That flowers and cards be sent to the sick members, and that the Sunshine Committee determine amounts and kind.
2. That the lodge publishes a monthly newsletter except for July and January.
3. That literature and correspondence of the lodge be kept on file two (2) years and financial records for five (5) years.
4. That two or more additional Social Directors be appointed by the President upon the recommendation of the Social Director.
5. That the Charter be displayed at all meetings and be draped in memory of departed members.
6. That we recognize all Birthdays and Wedding Anniversaries at the social after the business meetings .
7. That we give the editor full authority to change anything for the good of the newsletter.
8. That we have welcoming ceremonies when deemed necessary by the President!
9. That Valhall No. 25 members and immediate family living in the same household be eligible to draw blood from the blood bank. Also eligible are non-member family members who have donated blood in the name of Valhall No. 25 during the past 12 months.
10. That the scheduled Lodge meetings be held on the second Monday of each month at 7: PM and the scheduled socials on the third Saturday of every month.
11. That young adult members ages 16 through 23 years of age be required to pay only the portion of the initiation fee and annual dues assessed by the home office.
12. That the Valhall King Olav medal shall be worn by the current President of the lodge to meetings and social occasions, and that it be entrusted to the President for safekeeping and passed on to the succeeding President . The Valhall King Harald medal shall be worn by the current Vice-President of the lodge to meetings and social occasions, and that it be entrusted to the Vice-President for safekeeping and passed on to the succeeding Vice-President.
13. That for socials the Cultural Director will choose a form of entertainment, if required, and pay them accordingly as decided by him/her and the committee.
14. That blood donors will be given a free dinner at a lodge social within 12 months after they donate.
15. That an annual statement of income and expenses be prepared by the Treasurer for members to see how the lodge finances are obtained and used, unless more frequently as requested by the Board of Directors.
16. That Valhall will give 1/2 Camperships, annually toward the cost of the camp fees for the District 6 Camp Trollfjell or Folkehogskule at Camp Norge, Alta, CA. All applicants must meet the eligibility rules for admission to the camp, and must be children or grandchildren of Valhall No. 25 members. 1/2 Camperships will be given either for campers or Counselors-in-Training(CIT). Individuals who also receive scholarships from other Sons of Norway organizations would not be eligible to receive only the 1/2 Campership.
17. That at its annual election of officers Valhall Lodge elects two (2) Directors of Valhall Sons of Norway Incorporated to serve a term of three (3) years. The current President of Valhall No. 25 shall be a member of the Corporation Board.
18. That we give out 10 year pins and this will take place as the President and Membership Committee deems necessary. The President of Valhall Lodge No. 25 shall be automatically elected as the first delegate to the District 6 Convention if he or she is able to attend.
20. Ladies of ValhaU (LOV) - This is a group of Ladies who are members in good standing in Sons of Norway who meet the criteria of the LOV. The purpose of this group is to foster the objectives and goals of Valhall Lodge No. 25 in friendship, fraternalism, cultural, social and fundraising activities outside of Valhall Lodge functions. Meeting places of the LOV will be where it is most suitable to the LOV membership including facilities used by Valhall Lodge on a non-interfering basis. Time, date and location must be announced in the Valhall Lodge newsletter. The funds raised by the LOV may be kept outside the Valhall Lodge general account, subject to an annual audit by Valhall. The funds will be used at the discretion of the LOV. The membership of the LOV will elect their desired leadership annually and announce the results in the Valhall newsletter. Officers must include a Secretary/Treasurer as their funds are kept outside the Valhall general account.
21. Any member of Valhall Lodge who is currently a District or International Officer will automatically be a voting member of the Valhall Board of Directors. This is in view of their experience and value to the board deliberations.
22. Catered dinners may be required to be pre-paid as determined by the Social Committee Chairperson or his/her designee.
23. That the Valhall Sons of Norway Inc. purchase a King Harald V Medallion to be worn by the Valhall Lodge Counselor. The King Harald V Medallion would be given to the outgoing Valhall Lodge president after two years of service as the lodge president and upon acceptance of the position of Lodge Counselor. A new medallion would be purchased every other year by the Corporation as part of the lodge's humanitarian efforts. This award is to take effect January 1, 2002.
24. Reservations are required for all lodge socials or special events, to assist in determining requirements for the dinner. Reservation Refunds may be made for special circumstances when approved by the Board of Directors .



Minutes of the Ladies of Valhall Meeting Saturday, October 7, 2017

Denny's Restaurant, Fletcher Hills
Hostesses: Ragnhild Amble and
Eldbjorg Backous
20 people attended.
The meeting was called to order at
9:06 a.m. by President Myla Coleman.

Secretary Sandra Yeaman asked if anyone needed her to read the minutes from the September 2 meeting since they were printed in the most recent issue of *Valhall Viking*. No one requested she read them. Barbara Evje moved and Peggy Gere seconded that the minutes be approved as printed. The motion carried.

Sandra also read a card from Karin Lindgren, thanking LOV for the donation we made toward her church group's trip to Guatemala.

Treasurer Amelia Seeto-Murguia presented the Treasurer's Report for August. Dale Roybal moved and Joyce Oen seconded that the Treasurer's Report be accepted as read. The motion carried.

Old Business

Lille Butikken. Anne Høidal brought an autographed copy of the book *Why Kings and Queens Don't Wear Crowns* by Princess Märtha Louise as an item to be auctioned at Lille Butikken. She also brought a Norwegian sweater and offered to donate a copper pot from Norway. Tam donated a number of prints of Norwegian scenes. Helen Johnson brought a number of the rose-maled ornaments her cousin made. They can be purchased now or at Lille Butikken for \$10 each. Myla will have a sign-up sheet for volunteers to work at *Lille Butikken* at next month's meeting.

T-Shirts. Myla reported on her attempts to come up with a design for a T-shirt for children to paint as part of the juletreffest. She also proposed that the same design could be used for adult women's versions of T-shirts.

Discussion followed with many questions raised, such as would children have to pay for the shirts, or would the shirts replace the stockings? Joyce moved and Amelia seconded that we give the T-shirts to the children, not charge for them. After further discussion, Jean Shogren moved and Anita Reith seconded that the issue be tabled in order for a committee to be set up to come up with more specific proposals to address the issues raised. Susan Cody agreed to work with Myla as the committee.

Cookbook: Dale pointed out that a great deal has changed since LOV produced its last cookbook. As a result, fewer people are interested in purchasing cookbooks since recipes are available online and a number of cookbooks featuring Norwegian recipes with full color images are already available.

Anne reported on the costs LOV paid for the previous cookbook, which resulted in the cost of the cookbook being \$15.25 which meant they had to be sold for \$18.25. By consensus, the group decided to table the discussion.

Christmas Party: The date (December 9) and place (Hall of Nations) are set. Myla asked for volunteers to work with her as a committee to line up the food. Joyce volunteered. Myla suggested we think about who would like to be on the committee for the event. Assignments will be made at the October meeting. Ragnhild suggested we hold a talent show for our entertainment.

New Business

Dale pointed to the back page of the recent *Valhall Viking*, Camp Norge's ad for raising funds to repair the roof on one of their buildings. Susan moved and Dale seconded that LOV donate \$1,000 for Camp Norge's Raise the Roof drive. The motion carried. Sandra mentioned another possibility for raising funds in addition to the approved donation. She can apply for a

Thrivent Action Team, which would provide \$250 in seed money for an approved project. One type of such projects is to use the seed money as part of a larger fundraising effort. Sandra suggests this idea be considered in the new year when there aren't so many activities already scheduled.

Sunshine Committee: Barb Evje sent notes to 14 members who have missed recent meetings.

Cultural Committee

Tam reminded us that the next **LOV to Read** meeting would be the last Saturday in January when we will discuss Linn Ullmann's book *Before You Sleep*.

Anne read a poem "I'm so sick of my body" by the Danish author Kirsten Hammann (b. 1965).

Sandra handed out more blank journals with autobiographical topics for members to address. One member has already provided a more general description of growing up Norwegian. Tam read her response to Sandra's July writing prompt: How did you learn to recognize the directions north, south, east, and west? Sandra read a piece she read which is published in the San Diego Writers and Editors Guild 2016 anthology, "To Sandy, From Henry," which described both the general traditions of her family at Christmas as well as a specific incident.

For the Good of the Order

Dale read a piece from her writing group about an American family's trip to Norway to meet up with their Norwegian relatives.

We marked the birthday of Myla Coleman by singing Happy Birthday. There were no anniversaries to observe this month.

Sandra mentioned that she and her sister plan to travel to Norway next May and asked for suggestions for the plac-

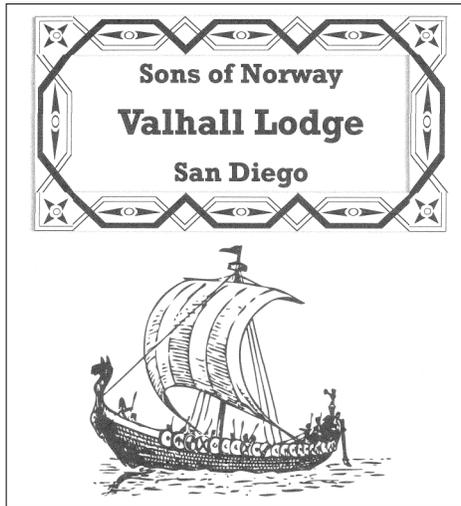
es they will visit: Oslo, Lillehammer, Røros, and Trondheim. Jean recommended those traveling to Norway not pass up the opportunity to buy *bunad* materials at Husfliden since that source has stopped mailing orders outside of Norway.

Special thanks to Eldbjorg's daughter, Brit, for the favors she made by hand for each of us.

Winners of the drawing for the centerpieces were Susan Cody, Janet Mischka, Arletta Jurasinski, Amelia Seeto-Murguia, Barb Evje, Anne Høidal, Joyce Oen, and Sandra Yeaman. Myla adjourned the meeting at 11:15 a.m.

Next Meeting at Denny's: November 4, 2017 at 9:00 a.m. Hostesses will be Anita Reith and Barbara Evje.

Respectfully submitted,
Sandra Yeaman
Secretary



Adult T-Shirt Design

This is the design on the front of the adult T-shirts that will be offered for sale by the Ladies of Valhall. The children's design is on page 4.

SAVE THE DATE

LOV's Christmas Luncheon Party

December 9th

House of Pacific Relations, Balboa Park

Don't miss this fun event!!



This year we will have a catered luncheon and gift exchange. More details at Nov. LOV meeting.

BUNADS AVAILABLE

My mother, Rosalie Olson, passed away recently and I am selling some of the "Norwegian Treasures" that I inherited.

One is a Hardanger bunad. It has a beaded breast plate that was purchased in Norway. It also includes a beaded belt made by her mother, a red vest and black skirt. The white blouse has Hardanger embroidered collar and cuffs. The white apron has a Hardanger embroidered inset and it includes the cap to go with it.



Rosalie can be seen wearing this bunad on page 75 of the book *"Bunads in America: A Norwegian Cultural Tradition in Southern California"*.

She also had a lovely blue outfit with a striped apron. The dress is in the Gudbrandsdal style with a hanging hem in the skirt. The pattern for the dress and the fabric for the apron were purchased at Husflid in Norway. It has a white blouse with tatting around the collar and cuffs. I don't know if it's a Gudbrandsdal bunad or a fantasy bunad. My mother was a size 12-14, but this dress can be reduced in size or it can be enlarged.



To see the dresses contact Jean Shogren at 19) 287-6056 or email: jdshogren@cox.net

Marit Olson Vincent
maritvincent@gmail.com
Cell phone: (619)-504-8196



SON 2018 Bunad Camp

Sons of Norway Recreation Center
Camp Norge
250 Canyon Mine Road, Alta, CA
May 4 – 7, 2018

Mashed Rutabagas (Kålrabistappe)

Adapted from 500sandwiches.com

- ◆ 3 medium-sized rutabagas, peeled
- ◆ 3 large carrots, peeled
- ◆ 2 tablespoons butter
- ◆ Pinch freshly ground nutmeg
- ◆ ½ teaspoon freshly ground black pepper
- ◆ ½ teaspoon salt
- ◆ ½ teaspoon crushed red pepper flakes
- ◆ ½ cup grated Pecorino Romano or Parmigiano Reggiano

Chop rutabagas and carrots. For a finer mash, cut vegetables into small pieces. Add chopped vegetables to a pot of salted water and bring to boil. Cook until easily broken apart with fork, then drain. Return to pot and add butter and spices. Mash or whip to desired consistency then fold in the cheese. Serve hot.

SON Foundation Offers

NEW!:The Helen Tronvold Scholarship for Adult Learners: up to \$3,000, due January 15

The Foundation is excited to offer this new opportunity for insurance benefit members over the age of 40+ to take class(es) in Norway, including at Oslo International Summer School.

2018 Grant and Scholarship Deadlines:

December 15: Community Partnership Grant

December 31: Helping Hands to Children Grant (lodges only)

Lodge Culture and Heritage Grant (lodges only)

Lodge Vitality Grant (lodges only)

January 15:

Douglas Warne – Rolf & Wenche Eng Scholarship

Helen Tronvold Adult Lerner Scholarship**

Helen Tronvold Folk High School Scholarship*

King Olav V Norwegian-American Heritage Scholarship

Lund Fund Scholarship*

Oslo International Summer School Scholarship*

March 1:

Astrid G. Cates/Myrtle Beinhauer Scholarship*

Orel and Marie Winjum Memorial Scholarship

April 1:

Nancy Lorraine Jensen Memorial Scholarship*

*Minimum of social membership with the SON required

Details on SofN.com website, Foundation

District 6 Sons of Norway is now accepting applications for our **7th Annual Bunad Camp** at Camp Norge. **Sue Sutherland of Bunad Butikken**, located in Ely, Minnesota, will be our instructor. Class size is limited to 12. The cost of the class is \$325 for Sons of Norway members and \$375 for non-members. Program cost includes instruction and the rental of Heritage Hall. Jim Sutherland is offering a meal plan for \$60 per person. Lodging fees at Camp Norge are additional. You are requested to bring your own sewing machine.

Registration deadline is January 1, 2018. One half of the tuition is due at the time of registration to reserve your spot. This is not refundable after March 1, 2018. Remainder of tuition is due by **April 10, 2018**. Please make checks payable to Sons of Norway.

Heritage Hall will be available to students daily from 8:00 am to 8:00 pm

Sue will be available from 9:00 am to 5:00 pm

You are welcome to bring cookies and snacks for coffee breaks!

Do you need a Bunad kit?

Contact Sue Sutherland at (218) 365-7745 for kit information and pricing.

Although she has some Bunad kits in stock, many have to be imported from Norway.

Please allow ample time for her to order needed materials.

Kits for Bunads with embroidery are custom made and must be ordered by **November 2017** in order to arrive in time for the class.

ABSOLUTELY NO E-MAIL RESERVATION REQUESTS will be accepted. Please fully complete the registration form and mail with your deposit (checks payable to Sons of Norway) to:

Judy Immel, Cultural Director

9331 Shannon Avenue

Garden Grove, CA 92841

For questions please contact Judy at

culturaldirector@sofn6.org

Remember this is a camp; please bring your own bedding, towels, toiletries, cushion for chairs, and don't forget your flashlight! We look forward to having you join us at Bunad Camp!

Notice: Kits deadline Nov 2017

Registration deadline: January 1, 2018



*“Whistle While you Work” -
and we do when we’re
making Camp Norge a
better place!*

END OF SEASON WORK PARTY AT CAMP NORGE
Saturday and Sunday—November 23—29, 2017
(Board Meeting on November 17 at 9:00am)

This weekend party includes free lodging, lunch and dinner on Saturday and breakfast on Sunday in return for 5 hours of work per day!

What can you do to help us winterize the Camp? We have many projects and one will certainly suit you or simply “strike your fancy”.

- 1. Deep cleaning in all the dorm rooms, the cozy cabins, the Stabbur, the Social Hall, Heritage Hall and the Main House is a major job. Grab your buckets and let’s get scrubbing!!*
- 2. Shut off water in Meadow Bath and Social Hall.*
- 3. Pressure wash tables and chairs outdoors, gather leaves and debris and haul to the burn pile.*
- 4. Organize kitchen dishes and utensils in the Social Hall and the Main House Kitchen.*

—The complete list, compiled by our Buildings and Grounds Committee is long and has items for anyone’s interest and abilities. It is attached, for Lodge Editors and Camp Ambassadors, so ask them for a copy!

*Please RSVP to **Kirby Aasen**, Vice President, at Kirby.aasen@campnorge.org , 707-349-8792 or President **Fred Hymans** at fred.hymans@campnorge.org, 916-412-3797.*

*Contact **Susan Winje**, Treasurer, at susan.winje@campnorge.org or 530-389-8000 for room accommodations at Camp.*

The Super Sixth District “Jewel in the Sierras”

*250 Canyon Mine Road
Alta, California*



SERVICES DIRECTORY

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Fax: 818-905-5785

Email: amlives@aol.com

This is a service provided by Sons of Norway International for Members ONLY!
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TUBFRIM—Stamps for a Good Cause

For the past 30 years, members have been clipping canceled postage stamps and sending them to Tubfrim, who then sells them to dealers and collectors.

Originally the money raised went to help children afflicted by tuberculosis. Since tuberculosis is no longer the threat to health that it once was, today the proceeds from the resale of stamps helps improve the quality of life for children and youth with disabilities and special needs. Sons of Norway members are the largest contributor outside of Norway to Tubfrim's efforts, sending nearly 30% of all stamps collected.

While helping children is a great motivation for our members to participate, there is a special incentive to say "thank you". For every pound of stamps collected, the member or lodge can enter a drawing, held in mid-January every year, to win a round trip ticket to Norway, worth up to \$1,000. Bring stamps to Susan Cody, Tubfrim Chairperson, to any Valhall meeting.



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.

Disaster Relief—You Can Help

There's a reason it's called Disaster Relief.

A campaign is underway to bring relief to our Sons of Norway brothers and sisters who have endured painful disruption to their lives due to recent natural disasters, including hurricanes Harvey and Irma, and wildfires that have blanketed other areas of the country.

Sons of Norway members have generously given to the Foundation's campaign to help their fellow members put their lives back together, but more assistance is needed. Help us to shore up the Foundation's Helping Hands grants program so that even more members in need can know the comfort and care of their Sons of Norway community.

To donate, go to www.sonsofnorway.com/harvey - and know that you're making a difference in the lives of our Sons of Norway members and their families who need your help to-day.

New 2018 Valhall Directory

A new membership directory for our lodge will be coming soon in the new year. If you have any information you would like changed or added, such as new address, new phone, cell phone or email address. Send it to the Editor at lodgevalhall.com.



We still don't have email addresses for many of our members. Notices are sent out through email about meeting date changes, local Norwegian events, memorial services, etc. that come up after the newsletter is printed.

Don't be left out! Send your updated information today.

Thanks,

Arlene LaBree, Editor



THE PERFECT CHRISTMAS GIFT

How many shopping days until Christmas of 2017? . . . Well, here's the BEST GIFT EVER for a child, or grandchild. Consider a gift that keeps on giving - ***your love of the Norwegian Heritage and Culture***. Give a gift of Camp Trollfjell (for ages 8-13) and Trollfjell Folkehøgskule (for ages 14-17), the District Six Language Camps held each summer at Camp Norge. **The perfect gift for this Christmas of 2017.**



Early Registration forms and details are available on the Sons of Norway District Six website, <http://sofn6.org/arv/>

Or, contact webmaster@sofn6.org (Bruce Fihe) for more information.



It's time to Raise the ROOF at Camp Norge!

We purchased Camp Norge back during the **Eisenhower Administration** and like Ike, the roof on the Main House has faithfully protected us from the elements for over 60 years*. But the old gal is about to give up the ghost!

We spring leaks  during every storm.

It's time to "Raise the Roof"!



How can you help? We have partnered with the **Sons of Norway Foundation** to hold a Campaign to raise **\$50,000!** Your donations are **Tax Deductible** if you donate through this campaign. And remember, October is Foundation month.

And it's easy!

Simply go to the Sons of Norway Foundation website www.sofn.com/foundation and click on the Camp Norge fundraising link. **The campaign kicks off on October 1st.**

Or if you prefer, write a check payable to Sons of Norway Foundation. **be sure to write "Camp Norge" on the memo line, and mail your check to:**

Sons of Norway Foundation, 1455 West Lake Street Minneapolis, MN 55408-2666



Every penny counts! The District Six Recreation Center Board is counting on your support so we can replace that roof soon! For more information contact Board President Fred Hymans, 916-486-4429 or fred.hymans@campnorge.com

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Arlene LaBree, Editor
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Valhall Viking
NOVEMBER 2017

Calendar

NOVEMBER

4	Sat	Ladies of Valhall
13	Mon	Lodge Meeting
18	Sat	LOV Lille Butfkken
18	Sat	Salmon Dinner

DECEMBER

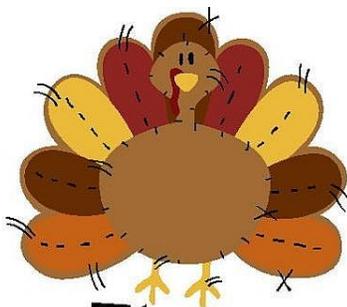
9	Sat	LOV Christmas Luncheon
9	Sat	Xmas Party at Lodge
11	Mon	Lodge Meeting

The next newsletter is the

November issue

Deadline for the
November Valhall Viking
is Oct 23, 2017.

E-mail articles to:
lodgevalhall@yahoo.com



Happy Thanksgiving