

# Valhall Viking

VALHALL LODGE 6-25

SAN DIEGO, CA

August 2018, #6

## Message from the President

What a hot, hot summer we are having. I hope that all of you are staying cool!

The contract has been signed, and we will be moving to our new meeting site as of September 1. The Masons have been very accommodating, and while we will not have as much storage room at the lodge, the facilities will suit our needs nicely. AND, they have air conditioning J!

Because of the Mason's schedule, our first meeting there will be on Monday, September 3, NOT the second Monday of September. Please be sure to mark your calendars.



Our September Får i Kål social celebrates Heritage month, and we will be celebrating our members by offering the dinner for only \$5.00 per person. As President, I want to honor all of our members, and request that everyone attend, especially our newer and newest members! The Ladies of Valhall are sponsoring a great program after the dinner featuring three women who will be telling stories, singing, and playing the Lur, a Norwegian wooden trumpet.

Rick Hausvik and I will be off to the International Convention this month. And now that I am on the board of Camp Norge, I will be attending my first board meeting at the end of August. A busy month, fer sher!

On a sad note, the death of Karin Brevig hit us all very hard. It was very nice to see such a large Valhall representation at her service on July 23. The family was very appreciative of our presence. Karin will be greatly missed. I, for one, appreciated all of the support that she gave me as President of the Lodge. Her words of encouragement and advice were very much welcomed.

See you at the September meeting!!!

Vennlig hilsen,

*Susan Cody*



**SONS of  
NORWAY**

**VALHALL LODGE  
6-25**

**1912—2018**

Meetings and Socials  
at

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

### Upcoming Lodge Events

**Lodge Meeting  
Mon. Sept. 3, 2018  
7 pm**

**Heritage Social Far-i-kal  
Sat. Sept. 15, 2018  
\*\* \$5.00 \*\***

**Newsletter Deadline:  
Aug. 23rd, 2018**

**For more Valhall News and  
Information, visit our website  
at:**

**[www.lodgeofvalhall.com](http://www.lodgeofvalhall.com)**

## SIXTY SEVENTH ROSEMALING SEMINAR AT CAMP NORGE September 22/23, 2018

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

We will be painting a 10" beaded scoop plate. Karen is teaching a Hallingdal design using JoSonja Russet as the background color. Onya is teaching a Vest Agder design on a blue galaxy background... I am attaching copies of the pictures 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 selfaddressed, 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 Sept .1st 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 -----

### SEPT. 22/23, 2018, ROSEMALING SEMINAR REGISTRATION FORM

Name \_\_\_\_\_ Phone (\_\_\_\_) \_\_\_\_\_ I need a bed reservation: y es\_\_ No \_\_  
Address \_\_\_\_\_ e-mail address \_\_\_\_\_ I want to room with: \_\_\_\_\_

City \_\_\_\_\_ Zip \_\_\_\_\_ Name of Lodge \_\_\_\_\_

Class I want is: Karen \_\_\_\_\_ Onya \_\_\_\_\_ 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 \_\_\_\_\_

\_\_\_\_\_ Yes, I want to take the stroke class at 6:30 p.m.. I will pay the instructor \$5 at the time of class.

## Edvard Munch as Seen through the Eyes of Andy Warhol

As a pioneer of modern art, Edvard Munch has undoubtedly left behind a legacy of some of the most famous artworks in history. His work has appeared in exhibitions all over the world, and been the inspiration behind many other well-known artists. Among those artists is the late Andy Warhol, a standout in the visual arts movement of the 1960s.

While many may think the artistic universes of Andy Warhol and Edvard Munch to be polar opposites, the Munch Museum's newest exhibition, "Andy Warhol—After Munch," sheds light on the surprising comparisons between the two and the impact that the Norwegian artist had on the pop art icon.

The exhibit in Oslo runs from May 26-August 26 and features 15 of Warhol's paintings. Each piece is based off of four of Munch's images and manages to bring a whole new meaning to his original work.

Communications Director for the Munch Museum Gite Skilbred states, "The exhibit challenges viewers to discover a deeper layer to Warhol's art than he's sometimes given credit for. At the same time, one might find a greater degree of accessibility in Munch's art when his motifs are experienced through Warhol's interpretations."

Learn more by visiting the Munch Museum website at <http://munchmuseet.no/utstillinger/andy-warhol-after-munch>, or check-out the July 2017 Viking cover feature to trace Munch's steps throughout Norway



## 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 Coulon	619-319-0824
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 Coulon	619-319-0824
Librarian	Vacant	
Musician	Ragnhild Amble	619-465-7425
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
Webmaster	Steve Rawlinson	619-275-1934
Trustee (3 years)	Raymond Johnsen	858-459-5430
Trustee (1 year)	Joyce Oen	858-271-6229
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!



### AUGUST BIRTHDAYS

4	Anita Reith
6	Laura Sutton
7	Siri Collins
8	Judy Sawyer
9	Doug Hovland
14	Rhude Thompson
16	Jean Shogren
16	Douglas Swenson
17	Ann-Kevin Mawn
18	Robert Lowen
18	Matthew Gleason
19	Thomas Bourdage
20	Christine Tuttle
22	Erling Nyhammer
23	Aprell Waymire Bigler
25	Lynn Lindebrekke
28	Jacqueline Adams



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

### Join Sons of Norway

Join Sons of Norway and enjoy the benefits of being a member. Visit the Sons of Norway website and explore what we have to offer. You can sign up or renew your membership.

Go to [www.sofn.com](http://www.sofn.com)



Allen Johannesen presented Sports Award pins to Janet Weber and Judy Sawyer at the June Lodge meeting. Judy is accepting the awards for her grandson, Geno.

*In Recognition of  
Ten Years of Membership,  
Valhall awards a Ten-Year Pin to the  
following members for their  
long and faithful service:*

**Ten Years of Membership**

*Rodney Olson  
Mary Kay Olson*

**Congratulations!**  
**Valhall Lodge 6-025 ~**  
**Sons of Norway**





## Minutes of the Valhall Lodge Meeting

Monday, June 11, 2018

**CALL TO ORDER:** Allen Johannesen, substituting for Susan Cody, called the meeting to order at 7:10 PM.

**APPROVAL OF MINUTES:** The minutes for the May lodge meeting were accepted as printed in the June/July Valhall Viking, No. 5.

### COMMITTEE AND DIRECTOR REPORTS:

**Social:** (1) Judy thanked members for taking time from their busy lives and coming to tonight's meeting/ice cream social. There won't be any meetings or socials in July and August. In September we will be at our new location in La Mesa.

(2) Our next social will be the Heritage social in September and Fårikål will be served.

(3) The lodge may need some help with the upcoming move, Aprell will send an email with dates and what we need help with. The cabinets need to be emptied, shed and contents moved and library and bookcases emptied.

**Newsletter:** Steve will be editor of the newsletter next year, and he may be a bit stricter with deadlines for article submission.

**Youth:** (1) Myla reported that she has some Valhall lodge T-shirts for sale.

(2) Myla reported that the troll activity at the 17<sup>th</sup> May social was fun for all ages! She thanked Wendy & Annika for helping out.

### OLD BUSINESS:

(1) Allen reported that the new contract with the Mason's lodge has not yet been signed. They have communicated with Chris but haven't seen a draft of the contract yet.

(2) Allen reported that the plan is to have a contract ready for review at the next board meeting.

(3) Meetings will continue to be held on the second Monday of the month, except for a couple times a year when there is a conflict with the Mason's schedule. In September, the meeting will be the first Monday, which is Labor Day. There was some discussion about combining meetings and socials on the same day, or having meetings on the 3<sup>rd</sup> Monday. To avoid confusion, for now it will remain on the second Monday with a few exceptions. The newsletter and Aprell will keep everyone informed about meeting dates.

(4) Aprell reported that the nominating committee is making progress on filling positions for next year, but there are still several important positions that need to be filled.

### AWARDS:

(1) Allen Johannesen presented 2 Sports medals to Janet Weber and 4 to Gino, Judy's grandson. Judy Sawyer accepted the medals for her grandson.

### FINANCIAL REPORTS:

Millie Wright presented the Treasurer's Report and Aprell Bigler presented the Financial report.

### REMARKS FOR THE GOOD OF THE ORDER:

(1) Allen said that Garrett Weir received a \$1000 scholarship towards his studies at TCU for the 2018/2019 school year.

(2) Denise added that she has a cousin attending Univ. Washington who also benefits from a Sons of Norway scholarship.

(3) Wendy asked if there were any Sunshine requests, and was told that Barbara Evje just got home from the hospital.

(4) It was suggested that Sig and Tam might benefit from some help with meals, as they are finding it more difficult to cook at home.

**ADJOURNMENT:** The next lodge meeting will be September 3 and the next social will be September 15. The next board meeting will be June 20. There were 21 members present and the lodge meeting was adjourned at 7:40 PM.

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



## 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.*

## Valhall Has Moved

Valhall Lodge is moving to a new location effective September 1, 2018!

Our September meeting will be at the new location. Our September meeting will be **Sept. 3rd** –the first Monday of the month.

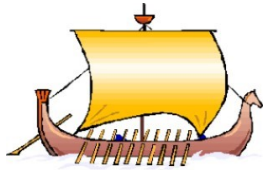
The rest of our lodge meetings will be on the 2nd Monday of the month as usual.

The new location is at the

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

## LOV NOTES

June 2018



**Next meeting:** September 1, 2018 at 9:00 a.m. at Denny's on Fletcher Parkway

**Hostesses:** Susan Cody and Arletta Jurasinski

God sommer til alle!

I hope you have had a chance to enjoy the longer days and warmth of summer. Fall is coming fast, and before you know it, it will be time to celebrate Leif Erickson Day, just like Spongebob Squarepants (no link... just search for it... let me know if it makes you giggle too).

Our June breakfast meeting at Marie Callender's was very pleasant. The room was airy and cozy at the same time: a greenhouse with lots of windows, plants and dark wood molding. It was nice to have everyone at the same table too. Travel was a hot topic as Sandra shared some highlights of her trip to Norway (Oslo for Syttende Mai !), Denise asked what to expect in her upcoming trip to Oslo and others shared their summer plans. Thanks to Thelma and Tam for the delightful centerpieces: summer-y towels rolled up with big, fluffy Gerber daisies.

Our book club discussion of *Being Mortal* by Atul Gawande was a productive one. Written by a medical doctor, it suggests that modern medicine can actually harm people as they face the multitude of treatment options that are available these days. He draws from his personal experience as a doctor and member of a family facing end-of-life decisions for loved ones. A meaningful topic for all of us, I think we all took away some helpful tips re the importance of getting our plans in place and how to advocate for ourselves in medical decisions. Thanks to Sandra for emailing a list of questions for discussion before the Read-meeting so that we had a chance to mull over our feelings and opinions.

I have always wanted to catch one of Susan's performances, so finally, the timing and location worked for me as she was part of her master class finale in La Mesa. Seven performers presented three songs connected by a central theme of their choice and guess who was the best and last? Bravo, Susan. Your version of "Maybe This Time" from Cabaret gave me giant goosebumps.

Heat forced us to postpone our July Potluck at my work; we'll



try another time.

I look forward to seeing everyone back at our usual breakfast location, Denny's on September 1. Enjoy the rest of your summer!

Ha det bra!

*Myla*



### LOV to Read

LOV to read enthusiasts met July 7 at House of Norway to discuss Atul Gawande's book *Being Mortal*

Standing: Jean Shogren, Helen Johnson, Tam Stautland, Susan Cody

Sitting: Myla Coleman, Sandra Yeaman, Dale Roybal



LOV met in June at Marie Callendars. The next LOV meeting will be Sept. 1 at Denny's in Fletcher Hills.

# Minutes of the Board Meeting

Wednesday, June 20th, 2018

**CALL TO ORDER:** President Susan Cody called the meeting to order at 7:19 PM. There were 10 board members present: they are listed at the end of the minutes.

Chris Houston from the La Mesa Masonic Lodge was present prior to the board meeting with a draft of the new contract. Susan and Allen reviewed it and found it to be incomplete, Chris will make corrections and present it at a later date for review.

## **APPROVAL OF THE MINUTES:**

The minutes from March board meeting were accepted as printed in the April Valhall Viking #3.

## **COMMITTEE AND DIRECTOR REPORTS:**

**Social:** Judy reported that we will serve Får I kål at the September social. Susan will help cook and there are enough helpers on the committee.

**Newsletter:** Arlene reported that she learned a lot at the convention. Sons of Norway no longer gives a Newsletter Award, they now give a Communications Award which includes newsletter, website and use of other social media to promote your lodge.

There was discussion of how we could improve updating our Facebook page. Not everyone is authorized to add to the page. Aprell is looking into this. Susan added that she will be Publicity Director next year and will look into new ways to promote our lodge. The new T-shirts provide publicity. A member asked if we have considered having a booth at the Vista Viking Festival. No current plans for that.

**Website:** Steve reported that he will add our address change, effective 9/1/18 to the website. He will also add the new 2019 calendar as soon as it is provided to him.

**Nominating Committee:** Aprell continues to seek members to fill open positions. She will start making phone calls in addition to the emails she's been sending. A proposed slate of officers will be presented to the members in the October newsletter, and the vote will be at the Nov. lodge meeting.

**Foundation:** (1) Rick reported that Valhall received the King Harald medal at the convention.

(2) Rick mentioned that donations for Camp Norge sent through the Foundation will now be tax deductible.

## **AWARDS:**

Susan reported that we received several awards at the convention:

1. Silver Communication Award
2. Silver Family Lodge of the Year
3. Silver President's Award

## **OLD BUSINESS:**

1. Janet is finishing up the By-laws revision. There was only one change which will read: "Affiliate Dues, in accordance with Sons of Norway by-laws will be the same amount as local lodge dues (this is \$14)". April made the motion to approve this, Steve seconded and the motion was passed.

2. A revised contract still needs to be reviewed and signed as soon as possible.

3. Scheduling events related to the move to La Mesa Mason's Lodge:

(1) July 7 or August 11 will be the move date. Rick will coordinate renting a Pod, emptying and dismantling the shed, and moving all to the new location. If lodge members wish to help out, please contact Rick to coordinate. A small work crew will be needed with several battery powered drills to remove shed from wood foundation.

(2) Board members will box up library books/albums and cabinet contents following tonight's board meeting. Those items will be stored in our shed.

(3) Library books will be offered to members at the September meeting and/or social, remaining books will be donated to a local library.

(4) Aprell will take care of SON paperwork to change the official mailing address of the lodge. Susan Cody's home address will be used for now.

## **NEW BUSINESS:**

(1) At a previous board meeting it was proposed to give members a free dinner coupon to be used at a social of their choice. Since this will be finan-

cially difficult to administer, the board decided to lower the cost of the September Heritage Social to \$5 for everyone, members and non-members. This will be a great way to celebrate membership appreciation and encourage new members to join. We will also acknowledge new members to Valhall Lodge.

(2) Our current Financial Benefits Counselor (FBC) lives far away and has been unable to attend our socials in recent times. It is very likely that we will soon be assigned a new local counselor to help members with their insurance needs.

(3) We will need to purchase a coffee machine for the new lodge location. It will be similar to the one here at Ascension Lutheran and will cost approximately \$300. Susan proposed that she could write an equipment grant to SON to cover the expense.

(4) We will also need our own microphone system at the new location. We think Sven has the old one and we'll see if that will meet our needs, otherwise the SON equipment grant could be for a new microphone system.

(5) Susan proposed that we adjust the dates for our quarterly board meetings. Since we won't be paying rent for July and August, we will have the board meetings in January, April, June and September.

(6) Allen reported that one lodge communication is still being sent to Tommy Drive. Susan will contact the sender and get the address corrected. The board meeting was attended by: Susan Cody, Richard Hausvik, Allen Johannesen, Janet Weber, Stephen Rawlinson, Maury Lee, Judy Sawyer, Aprell Bigler, Arlene LaBree and Myla Coleman.

## **Adjournment:**

The board meeting adjourned at 8:30 PM. The next lodge meeting will be September 3, the next social will be September 15, and the next board meeting will be in September.

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



## Minutes of the LOV Meeting

Saturday, June 2nd, 2018

Marie Callendar's Restaurant, La Mesa

Hostesses: Tam Stautland and Thelma Johannesen  
12 people attended.

The meeting was called to order at 9:18 a.m. by President Myla Coleman.

Myla welcomed a guest, Denise Olson, who introduced herself to the group.

Secretary Sandra Yeaman asked if anyone needed her to read the minutes of the May meeting since they were printed in the Valhall Viking. Peggy Gere moved and Dale Roybal seconded that the minutes be accepted as printed. The motion carried.

Treasurer Amelia Seeto-Murguia presented the Treasurer's report for May. Helen Johnson moved and Peggy Gere seconded that the report be accepted as presented. The motion carried.

### Old Business

Myla plans to attend the Fred Benediti concert on Saturday, June 16, at Mt. Soledad Presbyterian Church. No reservations are necessary. Tickets can be purchased at the door. She offered to carpool with others who live in East County who wish to attend that performance.

Myla is working on getting a special speaker for the July 25 summer meeting at the Girl Scout campus. The general consensus was that the event should be a potluck lunch. RSVPs to Myla by July 18. Myla will send a message about the arrangements ahead of the meeting.

In response to questions of whether we should meet in September at Denny's or try to arrange to meet at the Coral Tree Tea House, the consensus was that we should meet as usual at Denny's in September and try to arrange for a tea meeting in 2019.

Myla showed a sample of the troll craft project for children at the May social. She is still working on putting together a pattern for the knitted troll she showed us. She would like members to commit to knitting them for Lille Butikken.

Susan Cody and Sandra Yeaman agreed they do not need a third member for the Nominating Committee. Together they will work out a nomination slate.

### New Business

Myla will look into craft projects we could work on together at the July potluck lunch. She welcomes ideas to add to the Norwegian flag pillows she made and sold at last year's Lille Butikken.

Sunshine Committee: There was no report since Barbara Evje was unable to attend today's meeting.

Cultural Committee:

Tam Stautland reviewed the summer schedule for LOV to Read:

July 7: *Being Mortal* by Atul Gawande. Sandra will lead the discussion of this book.

August 4: *The Birds* by Tarjei Vesaas.

Reminder: RSVPs for these meetings should be sent to Susan Cody, per the minutes of the May meeting.

Helen Johnson read a piece she wrote about her brother Daryl.

Altogether the prompts thus far are

Summer Memories

The First Time

Best Friend(s)

My Brother

### For the Good of the Order

Susan reported that the Senior Talent Show will be held on Friday, June 8, at 12:30 p.m. at the War Memorial Building, near the north parking lot of the Zoo. She will be performing toward the end of the second act.

Susan will also be performing in a cabaret on Tuesday, July 3, at 7 p.m. at the San Pasqual Winery on La Mesa Blvd. in La Mesa.

Sandra reported on the highlights of her trip to Norway in May.

Myla and her daughter will be traveling to Minnesota in August.

Anne Høidal leaves for Norway on June 13 and will be there until August.

We observed June birthdays of Susan and Arletta Jurasinski by singing Happy Birthday. We also sang Happy Birthday to Helen whose birthday is in July. There were no anniversaries among attendees to observe.

Winners of the Hostess gifts were Arletta Jurasinski, Dale Roybal, Anne Høidal, Denise Olson, Peggy Gere, Helen Johnson, Sandra Yeaman, and Susan Cody.

Myla adjourned the meeting at 11:10 a.m.

Next meeting at Denny's: September 1, 2018, at 9:00 a.m.

Respectfully submitted,

Sandra Yeaman, Secretary

## Heritage Social

Sept 15 is Valhall's Heritage Social, this year serving Far-i-kal.

**Dinner price \$5.00**

More details in the next newsletter.



25th ANNUAL BRUCE GORDER  
**UCSD 5K WALK**  
**FOR MELANOMA**  
SATURDAY, OCTOBER 13, 2018



**SAVE THE DATE:**

Save the Date for the Grand Finale! Saturday, October 13, 2018 - Moores Cancer Center at UC San Diego Health

After 25 years of celebrating the annual Bruce Gorder 5K Walk for Melanoma at UC San Diego Health, this will be our grand finale. Thank you to the thousands of attendees over this past quarter century. We would also be remiss not to share our profound gratitude to Charles F.

"Chuck" Gorder, the founder of the walk, who passed away in November 2017. Join us to celebrate Chuck, his wife Rhona, the Gorder family, and the many families who have supported the melanoma program at Moores Cancer Center these past 25 years.

The UC San Diego Bruce Gorder 5K Walk for Melanoma exists to educate people about the dangers of melanoma by promoting awareness, prevention and early detection. We provide free skin cancer screenings by local and UC San Diego Dermatologists. Since the Walk's inception, we have screened more than 2,000 people. Many early melanomas have been spotted that might have been missed without the Walk.

The Route Beginning and ending at UC San Diego Moores Cancer Center, the comfortable walk winds through the fragrant and beautiful eucalyptus trees of the scenic UC San Diego Campus. Participants will view the famous Stuart Outdoor Art Collection, and enjoy Interactive Melanoma Awareness Stations along the way.

UC San Diego Moores Cancer Center  
3855 Health Sciences Drive  
La Jolla, CA 92093

Register early

More information: [gorderwalk.ucsd.edu](http://gorderwalk.ucsd.edu)

**IN MEMORY**

**KARIN MARGRETHE BREVIG  
1931–2018**

Karin Brevig passed away suddenly and unexpectedly on July 16, 2018, at the age of 87. Karin was born in March 16, 1931 in Aurskog, Norway. She grew up on a farm that had been in her family for hundreds of years, and she was brought up with traditional Norwegian values and skills such as embroidery, knitting, cooking, and sewing.

She met Ola Brevig in Norway and they got married after he got a degree in engineering in Glasgow, Scotland. Ola got a job at General Dynamics in San Diego, so they relocated to San Diego. Their children, . Sigurd, Sidsel and Kenneth were raised in California.

Karin was a long and faithful Golden Member of Sons of Norway having joined in 1971. Karin was very active in our Norwegian community and a vital part of our lodge. She was a long time officer in Valhall lodge have being a past Valhall President, Social Director, Cultural Director, Foundation Director, Trustee, Chairperson of our annual Lutefisk dinner/ social and Ladies of Valhall past President. She worked hard to help create a woman's group, and that group Ladies of Valhall is still going strong. Karin wore many hats and was always there to lending a helping hand. She was also District Six Zone Director and was often a delegate for the conventions. She was a wonderful person. We all loved Karin and will miss her dearly!

Our deepest sympathy goes out to Karin's family, Ola, her husband, Kenneth, her son, Sidsel, her daughter and to her grandchildren, and to her many friends. Please keep the family, especially Ola, in thoughts and prayers.

**Member Benefit**  
**ONE AND DONE LIFE INSURANCE**  
**MADE EASY FROM SONS OF NORWAY**

SIMPLY PUT, THE SINGLE PREMIUM WHOLE LIFE PLAN IS A ONE TIME PAYMENT FOR A LIFE INSURANCE POLICY OR CERTIFICATE.

**YOU WRITE ONE CHECK AND YOU NEVER HAVE TO MAKE ANOTHER PAYMENT AGAIN---ONE AND DONE.**

Do you have lazy money sitting in a CD or savings account accumulating little interest? Why not consider using some or all of your lazy money and put it to work with a Single Premium Whole Life Policy with the Sons of Norway.

SPWL is one of our most popular products. Granddad or grandma start their grandkids on the road to financial security and buy an SPWL certificate, rather than a bank savings account where the child can cash in quickly without the discipline or patience to wait for substantial cash accumulation.

And the grandparents, who may not have life insurance themselves, look to SPWL for a one and done answer for their own needs for final expense tax-free benefit for their loved ones or to replace the loss of Social Security income when one spouse dies.

Save the date

**SPWL features:**

- ◆ permanent life insurance contracts with both a death benefit and cash value;
- ◆ guaranteed cash value growth;
- ◆ allows cash value to be borrowed against and even withdrawn;
- ◆ cash-value growth tax-deferred; can earn dividends (not guaranteed, but historically reliable for over 100 years) if policies are from mutual companies like Sons of Norway;
- ◆ delivers a tax-free death benefit to beneficiaries;
- ◆ no budgeting, planning, or fretting about your future ability to pay;
- ◆ zero risk of ever defaulting on your life insurance and nothing to do, nothing to manage;
- ◆ Withdraw or borrow against your cash value. Just be aware of the tax consequences and possible penalty.

Let your cash grow quickly and safely with a tax-free death benefit!

SPWL is available from newborn to age 85. Call me and we can go over the numbers and see if it is a good fit for you or someone you know!

James Donovan, FIC  
Financial Benefits Counsellor  
(760)440-9905  
jdonovaninsure@gmail.com

"Make it a Great Day Because You Deserve It!"

**Look to**  
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Great Annuities.  
All financial products are  
Guaranteed with no risk

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- ◆Retirement Planning
- ◆Life and Term Insurance

**Contact our new FBC**  
**Financial Benefits Counselor**  
**For Valhall:**

James Donovan, FIC  
Tel: 760-440-9905  
Email: jdonovaninsure@gmail.com

This is a service provided by Sons of Norway  
International for Members ONLY!  
You cannot find earnings rates as good as SON  
Offers in other major financial institutions

**Southern California Kretsstevne**

Save the dates: Oct.19—21

SCK Southern California Kretsstevne) is an annual event that includes members from other lodges.

Activities are planned for adults such as folk dancing, cultural demonstrations, games, badge help, and other fun activities. It's a time for socializing with people from other lodges in addition to our own members. Activities are also planned for children.

Meals are provided and lodging options will be available. More details will be available in the next newsletter.

This year the event is at the Banning Stagecoach campground.





**Petco Park**  
100 Park Blvd.  
San Diego, CA 92101

# NORDIC HERITAGE NIGHT



**FRIDAY, AUGUST 31 VS ROCKIES AT 7:10PM**



**PURCHASE YOUR TICKETS on line at:**  
**PADRES.COM/THEMEGAMES**  
**for \$23.50 plus processing fees-**

**New section! \*\* 231 \*\***

(\*\* First 500 to purchase a ticket will receive a hat.)

The Nordic Houses are planning a tailgate party starting at 4pm!

For more information contact:

Jeanne Scott at [jeannescot@gmail.com](mailto:jeannescot@gmail.com) or call (619) 750-1516



## **Valhall Viking**

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### **DATED MATERIAL**

*Please Deliver Promptly*

## **Valhall Viking** **AUGUST 2018**

### **CALENDAR**

#### **September**

1 Sat LOV meeting  
3 Mon Lodge meeting  
15 Sat Heritage Social-Far-i-kal  
19 Wed Board meeting

#### **October**

6 Sat LOV meeting  
19-21 Kretsstevne

#### **November**

3 Sat LOV meeting  
12 Lodge meeting– election of officers  
12 Mon Corp meeting  
17 Sat Lutefisk and Lille Butikken

#### **December**

6 Mon Lodge meeting  
18 Sat Christmas Potluck



Next newsletter is the  
September issue

Deadline for the  
September Valhall Viking  
is August 23, 2018

E-Mail articles to:  
[lodgevalhall@yahoo.com](mailto:lodgevalhall@yahoo.com)