



Valhall Viking

VALHALL LODGE 6-25

SAN DIEGO, CA

Dec/Jan 2018, 2019 #10

Message from the President

God jul! Christmas will soon be here, time to come together for the Juletreffest on December 15. Santa will be there, so bring the kids, young and old, to enjoy the festivities.

January will soon be upon us, bringing an end to my term as President of this wonderful lodge. I want to extend my heartfelt thanks to everyone who has given me words of encouragement and support throughout my 6 years as President. We will have our installation ceremony and social on Saturday, January 19. Please come and celebrate our new Valhall Board.

Over the first week of November, I attended a Board meeting of the Recreation Board for Camp Norge. We had a lot of information to discuss and decisions to make. It was a very good meeting. On Saturday and Sunday, the board and volunteers went about the business of closing down the camp for winter. We shut off and drained water pipes, covered the pool (chasing a whole family of mice from the pool cover!), and tidied things up for the season. Camp Norge is such a beautiful place. We had temps during the day in the 70's, and in the 50's at night. Clean, fresh air and tall pines were the order of the day. I even did some stargazing at night due to the clear bright skies. I encourage anyone, and everyone, to visit the camp when you are able. As members of District 6 Sons of Norway, we are entitled to stay there whenever we would like. Prices are very reasonable, and there are several RV hookups on site. Many groups who are not members have held weddings and family reunions there, too. They have to be sponsored by an SON member, and have use of the facilities at a higher rate than members. Feedback and comments have been very favorable from these groups. Make your vacation plans for next year to attend Camp Norge.

To all of our students, now is the time to get your applications for scholarships in to the District, and to Headquarters. Information is located on SOFN.com, and SOFN6.org. Also included on the District 6 website in information for camperships to attend Camp Trollfjell for 8-13 year olds and Trollfjell Folkehøgskule for 14-17 year olds. We are even having Camp Oldfjell, Folkehøgskule for Voksne, camp for us older folks, in September next year! So there are opportunities for folks of all ages to attend Camp!

As we head into 2019, I again want to express my appreciation to all the members of "my lodge" for their support, encouragement, and kind words. Without them, I would not have been able to fulfill my duties as President of Valhall Lodge 6-25, San Diego, CA.

Vennlig hilsen og tusen takk,

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

**December Lodge meeting
Dec 10**

**Valhall Christmas Party
Dec. 15**

**January Lodge Meeting
Jan 14, 2019**

**January Board Meeting
Jan. 16th
New & Old Board**

**January Social—
Installation
Jan. 19th**

**Newsletter Deadline:
Jan. 23rd, 2019**

God Jul!



God Jul!

VALHALL LODGE ANNUAL

Jultrefest & Potluck Dinner

SATURDAY, DECEMBER 15, 2018

Adults Happy Hour and Children's Activities 5:00-6:00 P.M.

Pot Luck Dinner 6:00 - 7:00 P.M.

Last names with A-M bring a main dish

Last names with N-Z bring a side dish or salad

(if you wish to bring a main dish...please do)

Norsk food encouraged! Bring enough food for 8-10 people.

Dessert Will Be Provided

(if you can, bring Norwegian Christmas Cookies to share)

Go Around the Christmas Tree Norwegian Style... And visit with Santa.

Make Reservations before December 12th We need a count of adults attending for seating arrangements and number of kids in order to reserve Christmas bags for children under 13.

Ellen Spitzer cell-619-933-5409 text/ leave a message or e-mail ellenspitzer@cox.net



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

Norwegian Holiday Tradition – The Julenisse

The Christmas season is a perfect time to embrace your Norwegian heritage and share the culture with your loved ones. One way to do this is by incorporating a new or different tradition into your celebrations each year.

This season, why not invite an icon of Norwegian folklore, the Julenisse, into your holiday home? Both farm protector and bearer of Christmas cheer, the nisse is a charming, yet sly fellow whose legacy lives on in Norway and around the world to this day.

The classic tale declares that small gnome-like nisser hide in houses and barns to bring good luck or make mischief, depending on how well they are treated by the ones who live there. Try having fun with this familyfriendly legend and hunt for the nisse living in your own home. Simply search for photos of the nisse on the internet, print them out and hide them around your home, then send your guests on the nisse hunt of the year.

Check out the 2010 November issue of Viking for a nisse cut-out, along with other Nordic games and activities you can enjoy over the holidays. You can also learn more about the nisse and its Norwegian legend in the 2012 December issue of Viking.

The Viking archive may be found online at https://www.sofn.com/viking_archive (member login required).



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	858-217-6229
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!



DECEMBER BIRTHDAYS

5	Jan E Garzon
7	Marlow Myrmo
9	Karen Jerpseth
9	Cheryl Edwards
10	Peggy Gere
12	Mary Hovland
14	Gale Schaffroth
15	Eldbjorg Backous
15	Gregory Withee
17	Allen Johannesen
19	Megan Fisher
20	Ragnhild Amble
20	Judi Dow
23	Ola Brevig
24	Anne-Lise Lunde
25	Arita White

JANUARY BIRTHDAYS

1	Jerilynn Hovland
4	Barbara Evje
4	Lewis Dow
7	Erik Aamodt
8	Lisa Kia Bordner
11	Solveig Waters Appel
11	Tamara Stautland
13	Thelma Johannesen
16	Helga Moore
21	Charles Hansen
22	Lucille Wendling
25	Don Amundson
26	Glenn Jerpseth
26	Wendy Hovland-Henry
27	Denise Olson-Durham



Happy
New Year!



Barnas Klubb

Crafts, Cooking, & Culture

Valhall Lodge Kids Activities at Socials

Barnas-klubb will have activities for kids at the Jultrefest(Christmas Party): Goodie bags donated by the Ladies of Valhall, crafts and more surprises!

There will be dancing around the tree for everyone and a visit from Santa! We will sing Christmas songs in Norwegian and English. And, of course, lots of good food. Other surprises too.....see you there!

Gjetost & Lefse

Myla still has gjetost and lefse which will be available to buy at the LOV Christmas Breakfast and Jultrefest (Christmas Party) at the Lodge.

Cooking Class in January

Are you afraid of pie crust? Do you refuse to make a pie because the crust has you quaking in your shoes?

Come to cooking class on Saturday, January 19 at 10:00 am for a lesson on making the best and easiest pie crust there is.

This class is on the same day as the Installation/January social.

To register for class, call Susan Cody at 619-922-3705, email at happychef5@cox.net

LOV NOTES

November 2018



Next meeting is our Christmas Party December 1, 2018 at 9:00 a.m. at Denny's on Fletcher Parkway.

God Høsttakkefest!

'Tis the season to be thankful, a state that can actually improve your physical and mental well-being, according to many belief systems and scientific studies. Like other countries, Norway celebrates completion of the harvest time, but it's also tied to the ancient practice of herding livestock back to the valley farm from the mountain farm, a tradition that is unique to our hilly homeland. Check out this link:

<https://www.norwegianamerican.com/featured/thanksgiving-traditions-in-norway/>

I'm grateful for family and friends, especially within the Norwegian community here in San Diego. Thanks to the members of the Lodge, the Ladies of Valhall and the House of Norway who generously share their love of the country and culture of Norway. I'm also grateful for technology so that we have contact with family in Haugesund and other parts of the world.

We Ladies pulled off another great Lille Butikken at the Lodge dinner last Saturday, thanks to donations of Scandinavian items from our members including wonderful baked goods by several members, hand-knitted troll dolls made by Millie and me and totebags made from Norway-themed t-shirts, sewn by Sandra. Special thanks to Marit for donating several exquisitely rosemåled items made by her mom Rosalie. Thanks to everyone who helped with the preparation, set-up, managing the sales table and the clean-up afterward. It was a busy day for those who attended the language classes and/or the House of Norway Volunteer Appreciation Lunch in addition to the dinner.

Winners of the raffle were two of our Ladies: Jean won the basket filled with wine, baked goods and household trinkets, and Millie received the beautiful kransekake, created by Susan.

It was lovely to meet some new prospective Lodge members at the lodge dinner, including young families who plan to attend the Jultrefest. Norwegians love to celebrate children, and the dance around the Christmas tree is always merrier with young ones.

I look forward to making merry at our Ladies Christmas Breakfast. Thanks to Dale for the theme of celebrating Christmases Past. We still have room for more lady guests: RSVP to me by November 26 so that we know how many to plan for.

Tusen takk! Myla

*In Recognition
of
Fifty Years of Membership,
Sons of Norway awards a
Certificate of Appreciation
and Pin
to the following members for
their long and faithful service:*

Fifty Years of Membership

*Eldbjorg Backous
Arita White*

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



Two North Dakota girls! Janet Coulon, our new lodge secretary with Wilma Springer.

Minutes of the Valhall Lodge Meeting

Monday, November 12, 2018

CALL TO ORDER: President Susan Cody called the meeting to order at 7:02 PM.

APPROVAL OF MINUTES: The minutes for the September lodge and board meetings were accepted as printed in the October Valhall Viking, No. 8.

Visitors: James Donovan, our new financial counselor

OFFICER REPORTS:

Secretary: Janet Weber reported that she received a letter from Ski for Light Inc. President Marion Elmquist. All lodges were thanked for their support to this cause, and information was shared that the 2019 event will be held at Snow Mountain Ranch in CO. They would love to have members volunteer support at the airport and onsite for this event. Erik Nilsen added that this organization was founded in Norway by two blind skiers, and was introduced several years later to the United States.

COMMITTEE AND DIRECTOR REPORTS:

Membership: Aprell reported that two new members have joined online, Karen Jerpseth and Anne-Lise Mogstad.

Social: (1) Judy Sawyer reminded us of the upcoming Lutefisk Dinner and Lille Butikken Social coming up this Saturday, November 17. There will be 3 serving times, so be sure to sign up. (2) Something new will be to bring your own beer and wine, and the bartender will provide glasses, openers and a cooler to store drinks. Soft drinks and water will still be for sale. We have found that extra beer and wine often went to waste, and this facility does not allow for on-site storage of alcohol. (3) The Christmas Social will be a potluck on December 15.

Website: Steve Rawlinson reported

that District 6 is trying to increase distribution of their Cultural and District Newsletters. He has placed links to both on the Valhall Website, easily found on the right hand side of the homepage.

Corporation: Allen Johannesen reported that the corporation held a meeting tonight and the next one will be in February.

OLD BUSINESS:

(1) Susan reported that there are 5 students taking Norwegian language class which is being held at Ragnhild Amble's home. All are enjoying it very much.

(2) Susan reported that the Krettstevne was a lot of fun. There were many crafts and activities, and the group had fun with some local wine tasting. Four members from Valhall came and she hopes more will attend next year. It will be the fourth weekend in October 2019.

(3) Janet Weber reported that she will set up a table to give away some of the books from the Valhall library, the remainder will be given to the San Diego Library. We have no storage space for them here.

NEW BUSINESS:

Aprell presented the proposed slate of officers for the upcoming election. Susan asked if there were any nominations from the floor for the remaining open positions, there were no volunteers. The slate was approved by acclamation. Welcome new and returning board members. Susan reported that the Officer Installation Dinner will be in January, 2019.

REMARKS FOR THE GOOD OF THE ORDER:

(1) Judy thanked Ellen Spitzer for providing sandwiches, and fresh waffles for this meeting. Ellen usually does this for the December meeting, but will be unable to help out this year

as she is having knee surgery in December.

(2) Maury reminded us that December Nights will be held in Balboa Park on Dec. 7 & 8 this year. 32 countries will be represented and there will be a "spirit garden" where one can enjoy Aquavit and beer from the Longship Brewery.

(3) Sandra Yeaman reported that LOV is going to see the play "A Doll's House Part 2" on Dec. 5. All members are invited to join them. Tickets are available at the discount price of \$37. Please see Sandra if you'd like a ticket. Some attendees plan to wear their bunad to this event.

(4) Susan recently was at Camp Norge for a work meeting and participated in the winter shut-down procedure. She recommends everyone to get involved with this lovely place.

(5) Janet Coulon reported that she was recently in North Dakota to visit her dad, and had an opportunity to visit the Sons of Norway lodge in Fargo. She was amazed at what an active and vibrant lodge it is, they serve lunch every weekday to 50-60 people, have multiple levels of language class, and frequent live music. The lodge is beautiful with trolls carved into the walls inside. It was a fun and educational visit for her. Lots of Norwegian heritage in N. Dakota!

ADJOURNMENT: The next social will be November 17, and the next lodge meeting will be December 10. There were 27 members present and the lodge meeting was adjourned at 7:35 PM.

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

Valhall Corporation Minutes November 12, 2018

Valhall Corporation Minutes – November 12, 2018

The regular November meeting of Valhall Sons of Norway Inc. Board was held prior to the November meeting of Valhall lodge No 6-025. It was called to order by President Allen Johannesen at 6:30PM.

Present: President Allen Johannesen, Secretary Aprell Bigler, and Directors Andreas Ueland and Susan Cody. Vice President Sigurd Stautland, Treasurer Rick Hausvik and Director Don Balmer were absent.

The minutes of the regular board meeting held on May 14, 2018 were read and approved.

Old Business: Valhall Lodge moved to its new location, La Mesa Masonic Lodge, effective September 1, 2018. The lease was signed in July 2018.

Unfinished Business: Review the treasurer report.

New Business: None

Good of the Order: None

The meeting was adjourned at 6:45PM.

The next regular meeting of the Valhall Sons of Norway Inc. Board will be on February 11, 2019 at 6:30PM, prior to the February Valhall lodge meeting.

Respectfully submitted,

Aprell Bigler, Secretary

Valhall's New Directory 2019

A new lodge directory is being compiled now for 2019. Your help is appreciated

If there is any information about you that is incorrect in the 2018 directory, let Arlene know so she can correct it.

Also, if you would like to change or add your email address, please do so. We are communicating more and more through emails and we do not want to leave anyone out of the loop.

If you have changed your phone number or would like to add your cell phone number, please send this also.

Thanks,
Arlene
lodgevalhall@yahoo.com

Foundation News

Scholarship Deadline: January 19

The following scholarships are offered through the Sons of Norway Foundation annually. More details on how to apply and other requirements are on the Sons of Norway website (Sofn.com) by selecting Foundation from the available tabs.

- **Douglas Warne – Rolf & Wenche Eng Scholarship**
Assists with tuition, room and board for qualified applicants to attend educational institution in Norway.
- **Helen Tronvold Adult Learner Scholarship****
For SON members age 40 and over. Provides for cross-cultural experiences, such as academic or cultural heritage classes in Norway.
- **Helen Tronvold Folk High School Scholarship***
Norwegian Folk High School. For ages 18-23. Children or grandchildren of members.
- **King Olav Scholarship**
For any American majoring or minoring in Norwegian or Scandinavian studies
- **Lund Fund Scholarship***
For study abroad in accredited educational institution.
- **Oslo International Summer School Scholarship***
A Foundation scholarship, \$1,500 awarded annually to attend summer school in Oslo.

**Social membership with Sons of Norway required.*

***Insurance membership with Sons of Norway required.*

Valhall Viking—New Direction

After almost 20 years as Editor of the lodge newsletter, I decided it was time for a change. I have enjoyed creating the newsletter and working with all the members that have contributed their time and talents to make my job easier and improve the newsletter. My sincere thanks to all of you who have helped out with submissions, suggestions and proofreading. Thank you for letting me be Editor!

I know our new Editor, Steve Rawlinson, will do an excellent job. His first newsletter will be the February 2019 issue. Thank you Steve for volunteering to be Editor!

Since this is my last issue, any new submissions to future newsletters will go to Steve at:

Editor@lodgeofvalhall.com

-Arlene LaBree

Valhall Lodge Officers 2019-2020

President	Maury Lee
Vice President	Vacant
Counselor:	Susan Cody
Secretary:	Janet Coulon
Assistant Secretary:	Janet Weber
Financial Secretary:	Aprell Bigler
Treasurer:	Millie Wright
Social Director:	Judy Sawyer
Assist. Social Director:	Denise Olson
Cultural Director:	Myla Coleman
Marshal:	Judi Dow
Assistant Marshal:	Lewis Dow
Greeter:	Vacant
Historian:	Sandra Yeaman
Musician:	Vacant
Editor:	Steve Rawlinson
Assistant Editor:	Arlene LaBree
Foundation Director:	Arlene LaBree
Publicity Director:	Susan Cody
Youth Director:	Myla Coleman
Sports Director:	Ellen Spitzer
Webmaster:	Steve Rawlinson
Trustee (3Year):	Susan Cody
Trustee (2Year):	Millie Wright
Trustee (1year):	Judy Sawyer
Auditors:	Allen Johannesen Thelma Johannesen Sigurd Stautland Steve Rawlinson
Corp Directors:	Rick Hausvik Aprell Waymire Andy Ueland Maury Lee Steve Rawlinson Judy Sawyer

COMING EVENTS

for the Holiday Season

Dec 1st - LOV's Annual Christmas Party, 9am to 11:30 am at the Denny's on Navaho Rd.

Dec 1st – Christmas on the Prado Annual Christmas Concert at Spreckels Organ Pavilion – 1pm – 8pm

Dec 5th - A Doll's House Part 2, - Lyceum Theatre/ San Diego Repertory Theatre

Dec 7th - ICF December Nights @ HoN / Spirit Garden in Balboa Park, 3pm – 11pm

Dec 8th - ICF December Nights @ HoN / Spirit Garden in Balboa Park, noon – 11pm

Dec. 10—Valhall Lodge meeting 7pm

Dec 15th – Valhall's Christmas Party at our new lodge

Dec 16th - Seaman's Church Service - Ascension Church, 5106 Zion Ave, San Diego, 5pm

Dec 22-Hiking Viking walk on Coronado Beach at 10am



Hiking Vikings Annual Walk

Circle this date! December 22nd

The Hiking Vikings have their annual walk on Coronado on Saturday **December 22**. Everyone is welcome to join us on an easy “hike” along this beautiful route.

We will meet at the Ice Skating rink at 10:00 AM (rain or shine). Then we will walk the length of the beach, and at the end maybe have some hot chocolate at the restaurant. Give me a word who is coming.

Hilsen, Else Karin
eksjostrand@gmail.com
619 888 2544





Valhall Lodge 6-26 Sons of Norway
La Mesa Masonic Lodge
4731 Date Street, La Mesa, Ca 91942

Installation of Officers and January Social

Saturday, January 19, 2019

Installation 4:30—5:15

Social Hour` 5:30—6:00

Dinner 6:00 pm

Bring your own beer or wine

Nancy Madsen will be the Installation Officer

Menu

Chicken Cordon Bleu

Scalloped Potatoes

Green Beans Almandine

Pasta Primavera

Ambrosia

Bread, butter

Lemon Cake

Coffee, Iced Tea

\$18.00

Catered by Cupid's Catering

**Reservations please by January 11th
(caterer needs to know the number
attending.)**

Email or Call Judy Sawyer
Sonjsawyer@gmail.com
619-993-9113



HPR INTERNATIONAL COTTAGES
presents

International Christmas Festival

Food • Spirits • Free Entertainment

7-8 DECEMBER 2018

Fri 3pm - 11pm, Sat 12pm - 11pm

During Balboa Park's December Nights

Follow us on Facebook:
www.facebook.com/internationalcottages



For details & schedules:
www.internationalcottages.com



LOV Meeting Minutes for November 3, 2018

Denny's Restaurant, Fletcher Hills

Hostesses: Millie Wright and Barbara Evje

15 people attended

The meeting was called to order at 9:08 a.m. by President Myla Coleman.

Secretary Sandra Yeaman read the minutes of the October meeting.

Millie Wright moved to accept the meeting minutes as read. Peggy Gere seconded. The motion carried.

Treasurer Amelia Seeto-Murguia presented the Treasurer's Report for September. Peggy moved and Else Ottesen seconded that the report be accepted as presented. The motion carried.

Old Business

Lille Butikken:

Myla reported on the cost of gjetost and lefse and how much was purchased last year. Barb moved and Amelia seconded that we purchase the same amount of gjetost as last year. The motion carried.

Dale moved and Peggy seconded that we purchase only one case of lefse this year. The motion carried.

Myla agreed to serve as chair for Lille Butikken this year. Sandra agreed to help.

Myla will put together a basket for a raffle. Helen has two rosemaled ornaments with 2017 on them to be included in the basket.

Myla will contact Susan to ask if she is willing to donate a kransekake again this year. She will also follow-up with members who were unable to attend today regarding bringing baked goods to Lille Butikken and helping out at the sales table.

Millie is taking reservations for the November 17 social.

Nominating Committee:

Nominations for officers for 2019 were announced at the October meeting. There were no nominations from the floor. The nominees are
President – Millie Wright
Vice President – Susan Cody
Treasurer – Amelia Seeto-Murguia
Secretary – Myla Coleman

Jean Shogren moved and Helen Johnson seconded that we accept the slate of officers for 2019. Motion carried.

Lyceum Theatre production by San Diego Repertory Theatre of A Doll's House, Part 2

Sandra reported that we have reservations for the minimum number of tickets for the group rate. She has paid 25% of the cost for reserved tickets to hold the reservation. The remainder will be due the week before the performance. She will collect all the tickets at the box office and hand them out to those who requested them the night of the performance. Parking is available at Horton Plaza. Get parking tickets validated at the Theatre.

Christmas breakfast, December 1. Dale is coordinating. The theme is Christmases Past. Dale pointed out issues in the draft announcement for the Valhall Viking that she would like corrected. Myla will inform Arlene LaBree of these changes, including that reservations should be sent to Myla and the space limits us to no more than 36 people.

New Business

Myla circulated a signup sheet for hostesses in 2019.

Sunshine Committee: Barbara Evje contacted Lorraine Tucker and sent cards to Ella Backous and Amelia and David Murguia.

Cultural Committee

Dale has been writing down the story

of her romance, emphasizing the good times. Myla read from her journal about Christmases from her childhood. Barb told a story of her brother's proposal. Peggy told about a memorable Christmas when she was disappointed when the presents were opened because she knew what was in each package ahead of time. Anne Høidal told about a gift from an uncle for a Christmas after the end of World War II.

For the Good of the Order

We sang Happy Birthday to members with birthdays in November: Millie and Sandra.

We sang Happy Anniversary to a member with a wedding anniversary in November: Sandra, her 27th.

Winners of the Lingonberry hostess gifts were Wilma Springer, Janet Michka, Else Ottesen, Peggy Gere, Amelia Seeto-Murguia, Dale Roybal, and Sandra Yeaman, and Anne Høidal.

President Myla thanked Millie and Barb for hostessing today.

Myla will pick up the additional t-shirts to cut up to convert them into tote bags. Sandra will do the sewing.

Else announced that the annual Christmas walk at Hotel Del Coronado will be on Saturday, December 22. Meet at the hotel's ice skating rink at 10 a.m. to join the group. Rain or shine. Hot chocolate afterwards.

Next meeting will be the LOV Christmas party at Denny's on December 1, 2018, at 9:00 a.m.

The meeting adjourned at 11:05 a.m.

Respectfully submitted,

Sandra Yeaman
Secretary



Lemon-Scented Norwegian “Riskrem” with Raspberry Sauce

By Daytona Strong FOOD52. Submitted by Judy Sawyer

Authors note: this traditional Riskrem gets a fresh twist by the addition of Lemon Zest

Serves 4-6 [and easy to increase]for 60

Ingredients:

- 1 cup Water
- ¼ tsp salt
- ½ cup Arborio rice(short grain)
- 2 cups whole milk
- ¼ cup sugar plus 3-4 tablespoons
- 1 vanilla bean, seeds (or vanilla to taste)
- 1 lemon, zested
- 1 ¼ cup whipping cream

Bring water to a boil, add Rice and salt cover and simmer till done approx 20 min

Stir in Milk, ¼ cup of Sugar, vanilla seeds OR Extract, half Lemon Zest. Bring almost to a boil, stirring occasionally to prevent Scorching. Midway thru simmering taste and add more Zest if desired. Pudding is moderately sweet
CHILL Completely..[you can do night before]

TO SERVE:

Before adding cream if Rice seems too thick, add a little milk to break up

Whip Cream with 2-3 Tbls. Sugar, depending on how sweet you want it. FOLD into Rice little at a time to reach consistency you desire..serve with Sauce and enjoy.

SAUCE

- 1 jar Knotts Red Raspberry Jam[preserves]
 - 1 Orange
- Whisk jam and add orange juice to create sauce

This recipe is the one used at our November Lutefisk dinner. Judy got so many compliments on it, she graciously offered to share it. Enjoy!

Welcome New Members!

Valhall has recently grown by five new members! In September, Karen Jerpseth became a member. In October we were joined by Anne-Lise Morgstad Lunde.

November was a big month for new members: Gregory Withee, Leif and Megan Fisher, and Michael Kaine all became Valhall members!

We hope to see you all at our socials and meetings.

Raffle Prizes

As part of the Lille Butikken at the November Lutefisk Dinner, the Ladies of Valhall sold raffle tickets.

One prize, a fancy basket with wine and goodies, was won by Jean Shogren. The other prize was the Kransekake pictured below, won by Millie Wright. The kransekake was made by our current Lodge president, Susan Cody.

Susan will be giving a cooking class on “easy to make” pie dough at 10am on the day of the Installation dinner (at the Lodge). Jan.. 19





Save the Date Language and Heritage Camps!



Camp Folkehøgskule (ages 14-17)

23 June-6 July 2019

Camp Trollfjell (ages 8-13)

7-20 July 2019



Registration opens January 2019!

Visit our website:

<https://arv.sofn6.org/>

Our Facebook page:

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

VALHALL LODGE CULTURAL CLASSES

Norwegian Language Classes

We are offering classes in the Norwegian Language. Classes will be held in the instructor's house on Saturdays from 10 – 11:30 AM. Classes begin on October 27 and end on December 15, 2018. The textbook is *The Mystery of Nils, Part 1*. It can be obtained from amazon.com for \$31.20 last time we checked. The fee for the 8 classes is \$15 for members of Valhall Lodge and \$25 for non-members. Enrollment is limited to 8 students. Contact Susan Cody at happychef5@cox.net for details and to enroll.

Rosemaling Classes

Rosemaling classes continue to be offered at Valhall. They are taught by talented rosemaler and Valhall member Carmen Cleariy. She has been teaching rosemaling at Valhall for 20 years. She will advise you on the art supplies you will need. The class meets on Thursdays at 11:30 am,. Please contact Carmen for more information. carmencleariy@gmail.com

Norwegian Cooking Classes

Susan Cody is going to teach Norwegian Cooking at the lodge hall kitchen on the 3rd Saturday of the month starting in January, 2019. Classes will run from 10:00 – 11:30 AM. They will take place on days that the lodge has a social. The charge is \$10 for people who are not members of Valhall Lodge, and there is no charge for members of the Lodge. Contact Susan Cody at happychef5@cox.net for details and to enroll.

Woodworking Classes

Join expert woodcrafter/carver Lou Coover for insight and guidance into woodworking. Meet Lou at the House of Norway in Balboa Park on Tuesdays at 9am-noon.

loucoover@aol.com

Trailblazer was Known for Preserving Svalbard's Nature

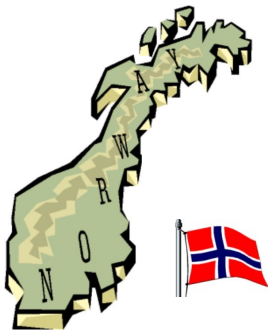
Norwegian botanist Hanna ResvollHolmsen (1873 – 1943) is known for paving the way for women in both academia and polar research. Often working alone, Hanna would take expeditions to Svalbard to study the archipelago and its historic sites and fossils. She crossed glaciers, climbed mountains and walked miles of shoreline to document arctic plants and fossils. Her efforts to preserve nature in Svalbard is why she is recognized as Norway's first nature and environmental conservationist.

Hanna was independent, resourceful, passionate and continuously pushed boundaries. She became the first woman to attain a doctoral degree in botany in Norway and the first female lecturer in phytogeography (the study of the geographical distribution of plants). She was also an accomplished photographer, and the first to capture Svalbard's plants in color.

Hanna was truly a pioneer for women of her time. As such, she was recently honored through art by Anne-Karin Furunes, displayed at the Fram Centre, Tromsø.

Dreaming of a Trip to Norway this Year?

Member discounts are available on fjord and river cruises, guided tours and auto and hotel rentals. Save on your travel in North America, Scandinavia and beyond. Learn more from your local lodge's cultural director or log in at sofn.com and go to Member Resources.



Re-enactments Provide Glimpse into the Viking Age

Viking re-enactment groups are becoming more prevalent than ever, with groups popping up in the United Kingdom, mainland Europe and Northern America. Related Facebook groups may be a reason for the rise in awareness and popularity, with several groups each boasting thousands of members.

Reenactment groups strive for authenticity in their activities, be it scenes from everyday life (baking, forging, gardening, carving) or participating in re-created battles. Many members of these groups study Viking life and culture in detail, from exploring ancient Viking sites, studying Norse sagas or scrutinizing artifacts and old trade routes.

There are active online marketplaces for buying, selling and trading Viking replicated clothing, accessories and equipment. On websites such as Etsy one can source jewelry, tunics, headwear, footwear, tankards, shields, props and more.

To get a real flavor for Viking re-enactment, check out a recent issue of National Geographic, "The Vikings, Lords of Sea and Sword." Re-enactors were used in photographs to illustrate in detail various aspects of Viking life.

Netflix på norsk

Winter months are a great time to get cozy and catch up on your favorite tv shows. For subscribers to Netflix, there are an everincreasing number of Norwegian titles available. Have a look at the descriptions of the latest batch of Norwegian-made films and tv series.

- Maniac / Maniac – TV series - TV-MA A nondescript man in a mental hospital has an exciting life of adventure and romance – in his head. He may be insane, or maybe he's just having fun. Mindbending, Offbeat, Absurd
- Norsemen / Vikingane – 2 seasons – TV-MA In 790 AD, the Vikings of Norheim have a hectic schedule that includes pillaging, plundering, enslaving others and solving problems with violence. Violent, Dark, Period Comedy

Give the Gift of Heritage



Christmas is when I really remember my Norwegian heritage. That was the time of the year we had lefse and meatballs that grandma Grangaard made. Of course there was lutefisk. We read the Christmas story every year. And I remember the gifts and Santa, but now as an adult I wish I had learned more about my heritage growing up. That my Norwegian heritage and culture was more than lefse and something we celebrated only at Christmastime. It would have been a great gift.

Heritage is a very special gift to share with family and friends. Those of you reading this realize this because you are a Sons of Norway member. This year give the gift of a membership to Sons of Norway. It is very easy to do. You can do this online https://www.sofn.com/join_or_renew/ or call Sons of Norway 1-800-945-8851 ext. 4654 and sign up a family member or a friend.

Have a joyful holiday season.

Luella

Luella Grangaard
District Six President



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.*

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**Contact our new FBC
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For Valhall:**

James Donovan, FIC
Tel: 760-440-9905

Email: jdonovaninsure@gmail.com

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DEC 2018/JAN 2019

CALENDAR

December

1 Sat LOV Christmas Party
10 Mon Lodge meeting
15 Sat Christmas Potluck
22 Sat Christmas walk at 10am,
Meet at the Coronado Hotel Ice Rink

January

5 Sat LOV meeting
14 Mon Lodge meeting
16 Wed Board meeting
19 Sat Installation and January Social

Next newsletter is the
February issue

Deadline for the
February Valhall Viking
is January 23, 2019

E-Mail articles to the new Editor,
Steve Rawlinson at:

Editor@lodgeofvalhall.com