



Valhall Viking

VALHALL LODGE 6-25

SAN DIEGO, CA

June/July 2018, #5

Message from the President

June will be our last meeting before we take our summer hiatus. We will have the ice cream social that evening, so I hope that you can join your fellow members for some chocolate sauce and sprinkles!

This will also be our last meeting at Ascension Lutheran Church. By the time you read this, Rick Hausvik, Alan Johannesen, and I will have signed the contract with the Masonic Lodge in La Mesa. The Masons have expressed their delight in having us utilize their venue for our meetings and socials. We have had to work out some minor details, but things are going very smoothly. Our first meeting will be in September, and will be held on THE FIRST MONDAY OF SEPTEMBER, not the second Monday, as there is a conflict with the Mason's schedule for that month only.



Additionally, there will be no meeting or social in October because of the Kretsttevene, and we will be adding a social in June, 2019. At the next board meeting, I will be discussing changing the board meeting dates to better coincide with our meeting site availability. More information on that later.

This fall brings board elections, and I extend mange tusen takk to all of those who have stepped up to fill several positions. We are, however, in need of volunteers for several major offices. Janet Weber is retiring from her Secretary job, and Sven Olsen is stepping down as Cultural Director. Another very important position is Treasurer for our Lodge. It is my hope that we will have an infusion of new thoughts, plans, and energy to keep our lodge vibrant and alive. It takes a "Valhall Village" to keep our Lodge going!

Vennlig hilsen,

Susan Cody



1912—2018

**VALHALL LODGE
6-25**

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

Upcoming Lodge Events

**Lodge Meeting/Social
Mon. June 11, 2018
7 pm**

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



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

www.lodgeofvalhall.com

SON VALHALL LODGE 6-25
Ascension Lutheran Church
5106 Zion Ave.
San Diego. CA 92120

Let's get together before summer!

JUNE 11th

PLEASE JOIN US FOR



**OUR LODGE MEETING
&
ICE CREAM SUNDAE SOCIAL**

MONDAY JUNE 11TH 2018

BUSINESS MEETING AT 7:00PM
FOLLOWED BY DELICIOUS REFRESHMENTS
Plus Cookies and ice cream

DONATIONS \$3.00

RSVP to Judy Sawyer so she knows how much to buy
sonjsawyer@gmail.com

We Want You!

We need you!

The nominating committee is looking to fill several lodge officer positions for 2019-2020.

We encourage old and new members to become lodge officers.

It is very rewarding and a great way to meet many of the members.

We need members to fill the following lodge officer positions:

(These are the only lodge positions we know that need filling at this time)

Secretary

Assistant Secretary

Treasurer

Assistant Social Director

Greeter

Historian

Musician

Librarian

Foundation Director

Sports Director

Trustee(3Year)

Auditor(s)

Please consider volunteering for one of these lodge positions.

If you are interested, please contact the Nominating Committee, Aprell Bigler, Arlene LaBree and Myla Coleman. A list of duties for each position is available.

DON'T MISS OUT! Volunteer today!.

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!



JUNE BIRTHDAYS

2	Marit Malarkey
5	Arletta Jurasinski
10	Linda Sue Lotze
11	Steve Rawlinson
11	Sara Adams
11	Ellen Spitzer
11	Colette Burgess
16	Susan Cody
18	Jeanette Rock
20	Oskar Evensen
23	Alan Svidal
25	Roberta Balstad
26	Mary Hinshaw
29	Raymond Johnsen

JULY BIRTHDAYS

1	Janet Coulon
6	Bruce Johnson
8	Mary Stedham
9	Kari Nyhammer-Collins
11	Christopher Hausvik
13	Betty Luther
15	Kari Karlsgodt Koskinen
15	Edvard Hemmingsen
16	LaVonne Coover
21	Gloria Oas
22	Erica Lee
26	Oddvar Hoidal
27	David Murguia
30	Sharmane Estolano
30	Maury Lee



Judi Dow received a Recruitment Pin and Certificate at our May Social, presented to her by our lodge president Susan Cody.



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

2017 Recruitment Awards

*The Sons of Norway awards a
Certificate of Recruitment
and pin
to the following members
for recruiting
at least one new member:*

*Janet L. Weber
Joyce A. Oen
Judi J. Dow
Mary B. Stedham
Mildred V. Wright
Richard M. Hausvik
Roberta Balstad*

*Tusen takk
Valhall Lodge 6-025 ~ Sons of Norway*



Minutes of the Valhall Lodge Meeting

Monday, May 14, 2018

CALL TO ORDER: President Susan Cody called the meeting to order at 7:10 PM

VISITORS: Joyce Oen's granddaughter Sophia came to the meeting

APPROVAL OF MINUTES: The minutes for the April lodge meeting were accepted as printed in the May Valhall Viking, No. 4.

COMMITTEE AND DIRECTOR REPORTS:

Social:

(1) Judy Sawyer thanked everyone for their help with the April social, especially Sandra Yeaman and Aprell Bigler, who were very helpful with the last minute relocation to the Mason Lodge in La Mesa. It worked out well and guests gave good feedback about the venue in La Mesa.

(2) Marc Schaefer is chairman for the May social, and he gave us information on the food and entertainment. There will be catered open faced sandwiches, and Mannskor will provide entertainment.

(3) Myla shared information about the craft she is preparing for kids and adults. It involves Trolls, and she asked members to bring a troll for display and guests can also make and decorate cardboard cutout trolls as part of a story.

Foundation:

Rick reminded us that the Foundation is always raising funds for its 3 main functions:

1. Providing disaster relief
2. Providing scholarships
3. Providing grants to lodges.

A member asked how much money the Foundation gives out each year. Rick did not have that information with him, but will provide it to the membership.

He reminded us that members can allocate money from their estate to go to the Foundation, or to our lodge directly.

Corporation:

(1) Allen reported that the corporation

approved their annual donations and will give \$250 to Mannskor and \$250 to Camp Norge.

(2) Susan reported that the Corporation has a few positions opening next year for Directors and Treasurer.

OLD BUSINESS:

(1) Susan has spoken with Chris, the manager at the Mason Lodge, and it looks like we have reached an agreement with them regarding our scheduling needs. We will be able to have our meetings on the 2nd Monday of most months. There may be 2 dates that will need to be rescheduled during the year.

(2) Rick, Allen and Susan are working on the contract with the Mason Lodge, which is located at 4731 Date Ave, La Mesa 91942. We will have to give a 60 day notice to Ascension Lutheran before leaving.

(3) Aprell reported that the Nomination Committee still has several positions open, such as Secretary, Assistant Secretary and Cultural Director.

AWARDS:

(1) Susan Cody presented Recruitment Awards to Janet Weber, Joyce Oen, Rick Hausvik and Millie Wright.

(2) Susan awarded the Ten Year Membership Pin for Chris Hausvik, which was accepted by his father, Rick Hausvik.

FINANCIAL REPORTS:

Millie Wright presented the Treasurer's Report and Aprell Bigler presented the financial report. Aprell reported that the lodge is already receiving the additional funds from the dues restructuring.

REMARKS FOR THE GOOD OF THE ORDER:

(1) Marc reminded us that tomorrow is the Norway Week Proclamation event at Golden Hall. He reminded us to be on the 12th floor at 10 AM sharp, and dressed in bunads if possible. He brought a framed copy of the proclamation created for the event to share

with us. There will also be a beautiful Kransekake on display at Golden Hall. (2) Susan reported that Ladies of Valhall invited all Valhall members to participate in their book club this summer. They will meet at the House of Norway on July 7 and August 4 at 9AM. The book for July is Being Mortal by Atul Gawande. There are many copies available through the library. The book for August is The Birds by Tarjei Vesaas. LOV hopes to see you there.

(3) Jean Shogren reported that she submitted a photo of Erling Nyhammer with all his sports medals for publication in the Viking Magazine, but still needs to include one more form before they accept the photo.

(4) The Syttende Mai flag raising ceremony will be held on the lawn between Hall of Nations and House of Norway. Brunch will be served.

(5) Jean Shogren talked about using the Bygdela maps for genealogy research, and reminisced about the annual LAG meetings her family attended in the Midwest in her youth. These meetings still happen annually, they are fun and very educational.

(6) Aprell shared the new SON membership applications. They are easy to read and nicely designed. She suggested members take a few to share with others, which might help with recruitment.

(7) Susan reminded members that all are eligible for one free dinner per year thanks to the new fees structure which gives more money back to the lodge.

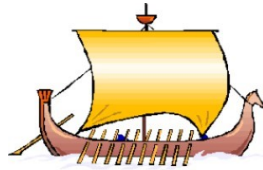
ADJOURNMENT: The next social will be May 19, and the next lodge meeting will be June 11. The next board meeting will be July 10.

There were 25 members present and the lodge meeting was adjourned at 7:40 PM.

Respectfully submitted by:
Janet Weber
Secretary

LOV NOTES

May 2018



Next Meeting: June 2 at 9:00 a.m.

Location: Marie Callender's on Alvarado

Gratulerer med dagen til alle!

As I write, we have just completed celebrating Syttennde Mai at the lodge Social. The theme for the evening was the Scandinavian tradition of troll stories, cautionary tales which teach lessons on how to behave and stay safe. In the early 1960's, a Danish carpenter named Thomas Dam transformed the mean, greedy, rude and nasty troll into a pocket-sized friend, a Good Luck troll. A favorite toy from my childhood, I remember creating clothes for them, styling the long, brightly hued hair and bringing them to school so that my friends and I could play with them at lunchtime. At the social, the tables were decorated with flowers and Dam trolls, and several of us shared our trolls and their stories.



Thanks to Janet Coulon for helping set up the troll paper doll craft and making a sample,

an important step in developing a new activity for kids. Thanks also to Annika and her mom Wendy for demonstrating the craft so I could take photos for the newsletter. Look elsewhere in the newsletter for directions and a pattern to make your own troll art.

Our last LOV breakfast meeting before summer break is coming up soon at Marie Callender's; we decided to shake things up a bit and meet at a different location from our usual Denny's. I look forward to some cornbread and pie! As usual, we will take a break from Saturday breakfast meetings during July and August; instead we will have book club meetings at the House of Norway and a luncheon on Wednesday July 25 at my workplace, Girl Scouts on Upas St. I'm working on inviting a special guest to join us. More later.

Hilsen, Myla



Sandra Yeaman shared her story about "Best Friends" at the May LOV meeting.



Susan Cody shared her story about "Best Friends" at the May LOV meeting



The May decorations/door prizes at the LOV meeting had a Sytende Mai theme.



President Susan Cody presented Certificates and Pins to Sven Olsen and Joyce Olsen honoring 25 Years of Membership. Congratulations!



Everett Shogren was the bartender at our May social.



Part of the May committee—Helga Moore, Marc Shaefer, Graciela and Maury Lee and Judy Sawyer



The Mannskor entertained at the May Social



Judi and Lewis Dow have been hunting Trolls—notice her Trollstigen cap!



Jim Adams and Jon Holmerud at Registration desk at May social

Minutes of the LOV Meeting

Saturday, May 5th, 2018

Denny's Restaurant, Fletcher Hills
Hostesses: Arlene LaBree and Joyce Oen

16 people attended.

The meeting was called to order at 9:15 a.m. by President Myla Coleman. Secretary Sandra Yeaman asked if anyone needed her to read Secretary the minutes of the April meeting since they were printed in the Valhall Viking. The minutes were accepted as read.

In the absence of Treasurer Amelia Seeto-Murguia, Sandra presented the Treasurer's report for April. Helen Johnson moved and Peggy Gere seconded that the report be accepted as presented. The motion carried.

Old Business

Adult T-Shirts: Myla has T-shirts today and will provide them to those who want them after the meeting. She will also bring them to the May 19 dinner of Sons of Norway.

LOV Calendar of Events: Myla reported she plans to attend the Fred Benediti concert on Saturday, June 16 at Mt. Soledad Presbyterian Church. She offered to carpool with others who live in East County who wish to attend that performance. She also circulated a flyer showing other performance dates.

Myla can reserve a space at the Girl Scouts headquarters for Wednesday, July 25 for a potluck lunch. She mentioned there are a number of nearby restaurants willing to deliver as an alternative to potluck.

Myla mentioned Jeanne Scott of House of Norway is organizing a Nordic Nights event at Petco Park on August 31. Details are being worked on for tailgating ahead of the game. Seats are reserved, so contact Jeanne if you are interested in tickets.

June 2. Both the Coral Tree Tea Room and the Aubrey Rose Tea Room in La Mesa will be closed on June 2. Myla has found an alternative in Rancho Sante Fe, but the event would be an afternoon tea instead of a morning tea. Dale Roybal moved and Millie Wright seconded that we put off holding a tea event until a regular meeting day and time when the Coral Tree Tea Room is available. The motion carried.

Myla recommended we consider another venue for our June meeting since she had already arranged to let go of our standard reservation at Denny's. Dale moved and Peggy seconded that we meet at Marie Callendar's on Alvarado Road, just off Highway 8 at 9:00 a.m. on Saturday, June 2. The motion carried.

New Business

Myla reported that she has a craft project for the children at the May 19 social. The children will add colored yarn to paper troll shapes. She would like the event to have a troll theme to coordinate with the craft activity. Myla asks that members bring decorative trolls to the social for decorating tables.

Myla requested names of volunteers to serve on the LOV nominating committee. She would like three members on the committee. Sandra and Susan Cody volunteered. A call for an additional member will go out to members not present at today's meeting.

Sunshine Committee: There was no report since Barbara Eyje was unable to attend today's meeting. Millie volunteered to send Barb a card.

Cultural Committee:

Tam reviewed the five books recommended by members for the summer reading sessions on Saturday, July 7 and August 4: *Being Mortal* by Atul Gawande, *The Seed* by Tarjei Vesaas, *The Birds* by Tarjei Vesaas, *The Fifth*

Element by Jorgen Brekke, and *Knots* by Gunnhild Øyehaug. We voted on the five and the top two vote-getters were *Being Mortal* by Atul Gawande for the July 7 meeting and *The Birds* by Tarjei Vesaas for the August 4 meeting.

Susan will announce at the upcoming Sons of Norway meeting that we welcome members of Sons of Norway to take part in the reading and discussion on July 7. She will request RSVPs be sent to her.

Sandra and Susan read or recited pieces on the subject of Best Friends. Sandra added a fourth prompt for our next meeting: My Brother.

Altogether the prompts thus far are
Summer Memories
The First Time
Best Friend(s)
My Brother

For the Good of the Order

Helen announced that Letty Cotta will relocate to San Luis Obispo soon.

Susan reported on her attendance at Camp Norge's April rosemaling weekend. She circulated her project. Anita Reith reported she has moved to Mount Miguel. She has the same telephone number and email address.

Arlene reminded us that Carmen Cleary teaches rosemaling every Thursday at her home in El Cajon. Tam recommended that we all at least take a try at rosemaling in order to develop an appreciation for what is involved.

We observed May birthdays of Arlene and Dale by singing Happy Birthday. There were no anniversaries among attendees to observe. Arlene announced that she had extra Sons of Norway directories if anyone needs one.

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Winners of the Hostess gifts were Letty Cotta, Susan Cody, Thelma Johannesen, Tam Stautland, Jean Shogren, Peggy Gere, and Arletta Jurasinski.
Myla thanked Arlene and Joyce for hosting.

Myla adjourned the meeting at 11:10 a.m.
Next meeting at Marie Callendars: June 2, 2018 at 9:00 a.m.

Respectfully submitted,
Sandra Yeaman, Secretary

Norwegian Bookworms!

Norwegian Bestsellers Snorre Sturluson's Heimskringla (The History of Kings), written in the Old Norse Period (A.D. 750–1300), remains a bestseller in Norway today.

There are more than 60 literature festivals annually in Norway. The most popular is the Norwegian Literature Festival, that takes place in Lillehammer from late May to early June.

The Biblo Tøyen, is Norway's first library only for those ages 10-15. There's a homework area inside a converted tuk-tuk (a three-wheeled taxi), plus other cool reading spaces inside the back of an old Volvo truck, or a gondola hanging from the ceiling. Grown-ups are not allowed.

Source: <https://www.thelocal.no/20170314/norway-forbookworms-books-literature>

Valhall Summer Bookclub

You are invited...

All members of Valhall are welcome to come to the summer meetings of the LOV to Read Book Club. There will be two meetings in the summer months.



Saturday, July 7 we will be discussing Being Mortal by Atul Gawande.

Saturday, August 4: we will be discussing The Seed by Tarjei Vesaas

Location: House of Norway in Balboa Park

Time: 9am

Snacks and coffee will be available.



Anne Høidal shared a humorous story about her troll at the May social.



Judy Sawyer shared her Norwegian farmers and a troll at the May social



Helga Moore writing a description of her troll she shared at the May meeting

Norway Takes Roadside Stops to a New Level

Natural wonders are being amplified by art, design and architecture on selected roads in Norway. Several Norwegian architects have transformed average resting areas and parking lots into magnificent, must-visit attractions. The scenic route covers 1,336 miles across western Norway, and has taken two decades to complete.

Ureddplassen, one of the most popular attractions, is a wave-shaped bathroom facility that overlooks the open sea. With a wide terrace and sitting area, this rest stop has become a popular spot for locals and visitors to view the northern lights. It is also a memorial to those who died when the submarine "Uredd" hit a mine in World War II.

The Stegastein viewpoint, Steilneset Memorial and Selvika Bay are only a few among a dozen other off-road attractions that have helped boost tourism in the more remote corners of Norway.

To learn more about Norway's scenic routes, visit <https://www.visitnorway.com/plan-yourtrip/travel-tips-a-z/norwegian-scenicroutes/>.

World's First Powerhouse Hotel

The world's first energy-positive hotel will be nestled on the Svartisen glacier, about 1,000 miles north of Oslo. The hotel Svart, meaning "black" in Norwegian, will be built above the arctic circle and will be accessible only by boat. The Arctic's first "powerhouse" is expected to reduce energy consumption by almost 85 percent compared to a regular hotel.

Svart will be built in a circular form due to the study of how mapping of solar radiation behaves. The hotel's energy will be produced by solar panels that will be strategically placed to retain the sun's energy.

With expectations to preserve the pristine Northern Norwegian nature, architectural firm Snøhetta has designed the hotel to be built primarily out of environmental materials like wood and stone.

Expected to open in 2021, the hotel will rest on the bottom of the pristine Arctic waters, offering visitors panoramic views of the fjord and glacier. To learn more about Svart, visit <https://snohetta.com/projects/366-svart>.



June 17th

SAVE THE DATE:

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

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

Summer Calendar

JUNE

- | | | |
|-------|---------|--|
| 2 | Sat 9am | LOV meeting
Marie Callendars
6950 Alvarado Rd.
San Diego 92120 |
| 10-14 | | District 6 Convention |
| 11 | Mon 7pm | Lodge Meeting/Ice Cream Social |
| 20 | Wed 7pm | Board Meeting at church |

JULY

- | | | |
|---|---------|--|
| 7 | Sat 9am | LOV to Read
House of Norway. |
|---|---------|--|

AUGUST

- | | | |
|----|---------|---------------------------------------|
| 4 | Sat 9am | LOV to Read
House of Norway |
| 31 | Fri | Nordic Night at Petco Park |

SEPTEMBER

- | | | |
|---|---------|---|
| 1 | Sat 9am | LOV Meeting at Denny's |
| 3 | Mon 7pm | Lodge Meeting
New Location: Masonic Lodge in La Mesa
Note date change |



Have a happy and safe 4th of July!



MID SUMMER FEST

The Norwegians celebrate Midsummer Eve on June 23 or the Saturday closest to the date. The summer fest originated in the ancient Norse society long before Christianity was introduced and been observed ever since.

The Old Norse honored the sun with pagan ceremonies at summer solstice. The turning of the sun was believed to be a perilous event. If the sun failed to take the right course, mankind was doomed to perish. At this critical time, the world of the living was open to the beings of the nether world. Trolls, ghosts and other creatures roamed the earth.

When Christianity was introduced, the ancient sun festival was replaced by the celebration of the birthday of John the Baptist. The Church realized that a mere ban on the pagan fest would not dispel the deep-rooted folk beliefs connected with this day. So while the celebrations were given a new purpose, the customs and superstition surrounding Midsummer Eve existed hand in hand with the Christian tradition.

Fire has always played a significant role in the midsummer celebrations. The old Norse kept blazing bonfires going to give renewed power to the sun. The bonfires were also believed to drive away the supernatural beings which threatened both man and beast at this time.

In our time the bonfires still flame all over Norway on Midsummer Eve, but the celebration has taken on a new meaning. Now Midsummer or St. Hans as it is called, is a celebration of the blonde, Norwegian summer, the short, light summer nights and nature in general. Along the coast, bonfires blaze on every islet and skerry. Boats filled with high-spirited and cheerful people gather together and form long processions which parade along the coast to the accompaniment of accordion music. There are evening picnics served in every little cove and on every rock shelf along the shoreline. In some places, people meet for a community celebration, build a huge communal bonfire and have grand festivities with good and dancing.

Nordic Week in San Diego

On June 15th, the Norway Week Proclamation event was at Golden Hall. May 11th—19th was proclaimed Nordic Week. House of Norway and SON Valhall members were present, some dressed in bunads, Marc Schaefer has brought a framed copy of the proclamation created for the event to share with us at the lodge. There was also a beautiful Kransekake on display at Golden Hall.



Among the attendees: Lori Zapf, Christine Tuttle, Maury Lee, Susan Cody, Anne-Lise Mogstad, and Marc Schaefer

17th of Mai in Balboa Park

The House of Norway had a great lawn program on May 13th. Many visitors and members were there. There was a parade around the International Village with lots of bunads and Norwegian flags waving. A lawn program featured speeches and entertainment, including the Mannskor, a woman's choir, folk dancers and more

The House of Norway was offering lefse, waffles, polse and more. There were several tents set up with Norwegian themes.



Lisa Andersen, Martins Skjellerud, Jeanne Scott at Lawn program

Valhall Corporation Minutes – May 14, 2018

The regular May meeting of Valhall Sons of Norway Inc. Board was held prior to the May meeting of Valhall lodge No 6-025. It was called to order by President Allen Johannesen at 6:35PM.

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

The minutes of the regular board meeting held on February 12, 2018 were read and approved.

The Treasurer report was reviewed and discussed. It was moved, seconded and passed to accept the treasurer report.

Old Business: Valhall Lodge signed a one-year lease (January 2018–December 2018) with Ascension Lutheran Church.

New Business:

The recommendations for the 2018 charitable contribution were discussed and are as follows:

Mannskor	\$ 250.00
Camp Norge	\$ 250.00
Total	\$ 500.00

Good of the Order: Allen Johannesen, Rick Hausvik and Susan Cody will meet with the manager of the Masonic Lodge in La Mesa to discuss if their lodge will fit our needs.

The meeting was adjourned at 7:05PM.

The next regular meeting of the Valhall Sons of Norway Inc. Board will be on October 8, 2018 at 6:30PM, prior to the October Valhall lodge meeting.

Respectfully submitted,

Aprell Bigler, Secretary

TROLL ART

Steps to make your troll paper doll .

1. Print the troll shape onto tan or off-white cardstock.
2. Color the troll's hair and eyes with crayons or colored pencils.
3. Cut lengths of yarn and clothing pieces out of felt. Glue them to the doll with glue sticks or white glue. You can feather the ends of the yarn hair by brushing or combing.
4. Cut out the doll and paste onto a pretty landscape page from an old calendar.
5. Display your troll art with pride!



Wendy Hovland-Henry Annika Henry and Myla Coleman work on trolls.



Troll Art Project from Myla Coleman. If you would like a JPEG file of the troll pattern, send request to the editor at lodgevalhall@yahoo.com.



**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.*

**Look to
SONS OF NORWAY**

For
Affordable Insurance and
Great Annuities.
All financial products are
Guaranteed with no risk

- ◆Estate Panning
- ◆Retirement Planning
- ◆Life and Term Insurance

**Contact our FBC
Financial Benefits Counselor
For California:**

Pat Kelly:

Tel: 818-986-7199

Cell: 818-667-6627

Fax: 818-905-5785

Email: amlives@aol.com

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

**SAVE THE DATES
2018**



TROLLFJELL FOLKEHØGSKULE

June 24—July 7

CAMP TROLLFJELL

[Language Heritage Camp]

July 8 — 21



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 or call (619) 750-1516

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Arlene LaBree, Editor
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Valhall Viking
JUNE/JULY 2018

CALENDAR

June

2	Sat	Ladies of Valhall
11	Mon	Combined Lodge Meeting and Ice Cream Social
10-14		District 6 Convention

Next newsletter is the
August issue

Deadline for the
August Valhall Viking
is July 23, 2018

E-Mail articles to:
lodgevalhall@yahoo.com