

Valhall Viking

VALHALL LODGE 6-25

SAN DIEGO, CA

November 2018, #9

Message from the President

Hip Hip Hurra! This is the month for Lutefisk! I know that there are many folks out there who don't like lutefisk, but I happen to love it and look forward to this dinner every year. You can have your meatballs, give me a couple of helping of that delicious fish. And don't forget the Lille Butikken. Come and "shop til you drop". We will be presenting the slate of officers for 2019/2020 at the lodge meeting on Monday, November 12. I want to give a big TUSEN TAKK for all of our members who have volunteered to fill board positions. I have had a very rewarding and fulfilling 6 years as President of the lodge, and I look forward to passing the gavel to the new President in January.



Don't forget to mark Saturday, December 15 on your calendars for the Juletrefest. House of Norway members will be joining us again for a very fun evening and potluck dinner.

Another reminder, we will be having a lodge meeting on the second Monday, and a social on the third Saturday in January. The social will be the installation of the new board, so please come celebrate with your fellow members. I attended the Southern California Kretstevne on October 19, 20, and 21. Everyone had a great time. On Saturday afternoon, a group of us went wine tasting in Yucaipa, we made Christmas gnomes, and had a delicious salmon dinner on Saturday evening. The SCK next year will be on the fourth weekend of October. There were only 4 Valhall members there, and I am hoping that there will be more attendance next year. Banning is only two hours away, and it is a very nice venue for our get-together. Please put the dates on your calendar, okay?

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

**November Lodge meeting
November 12**

**Lutefisk/Lille Butikken
Nov. 17**

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

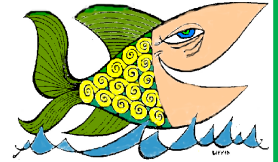
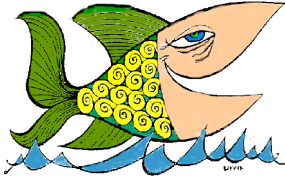
**For more Valhall News and
Information, visit our website
at:**

www.lodgeofvalhall.com

Valhall Lodge No. 6-25 Sons of Norway
4731 Date St La Mesa, CA, 91942

Annual Lutefisk Dinner & Lille Butikken

Saturday, November 17, 2018



Lille Butikken and Bar open at 3:30PM
Dinner Seatings at 4:30, 5:00, and 5:30
Avoid the Rush- Eat Early

MENU

Lutefisk and/or Meatballs, Potatoes, Vegetables

Bread and butter

Coffee, and Dessert

Bring your Own WINE or BEER...Glasses and Ice will be provided

Cost \$20 if Pre-Registered by Nov 12

\$25 at the Door

Children/Grandchildren of Valhall Members FREE

Come and have Fun at our once-a-year
World Famous Lutefisk Dinner and
Ladies of Valhall Lille Butikken
Get ready for the holidays with
One of a kind Items and Delicious Homemade Baked Goods

When making a Reservation please include
Dinner Choice: "LUTEFISK", "MEATBALLS" OR "HALF/HALF"
and Preferred Seating time

Call or send Reservations to Millie Wright
14215 Pecan Park Lane, #5A, El Cajon, CA 92021
619-443-0942....grandmom2dach@gmail.com

Norway's Northern Lights

As Christmas draws near in Norway, nature ensures that the sky above is decorated with the fantastic northern lights.

In Norway it is possible to see the Northern Lights between October and February. The polar lights in the northern hemisphere are called aurora borealis or northern lights, while the polar lights in the southern hemisphere are called aurora australis or southern lights. You can see the northern lights in southern Norway, but the lights are much stronger and more frequent in the north. There is no guarantee you will see them, it is all dependent on meteorological conditions.

Aurora Polaris (refers to both aurora borealis and australis) is a physical phenomenon. The northern lights appear when southern winds are stronger than normal and combine with large electrically charged particles that are then drawn towards the earth. The particles of electrons and protons form light when they collide with the gases in earth's atmosphere.

Polar lights show themselves as waves of light that vary in both shape, color and strength from dark blue in green and yellow, to red and orange. The colors of the polar lights are dependent on how high the phenomenon occurs in the atmosphere.

Not surprisingly, the northern lights have been a subject for discussion in stories and legends as long as there have been people to listen to them. When the northern lights blaze across the sky on a winter night, onlookers experience a truly magical feeling.

Activities under the northern lights:

- Go on a winter trip with Hurtigruten and see the northern lights in the night sky.
- See the northern lights together with two exciting activities: dogsledding and reindeer sled driving.
- At the Polar Light Center in Lofoten Laukvik you can attend presentations, seminars, and exhibitions about the lights,

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	Aprill 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	Aprill Bigler	619-284-6221
Treasurer	Rick Hausvik	619-579-5447





Happy Birthday
Gratulerer Med Dagen!



NOVEMBER BIRTHDAYS

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



**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.*



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 or contact Aprell Bigler at 619-284-6221 or aprellw@aol.com

New Policy at Socials: BYOB

We no longer have an acceptable place to store beer or wine. Therefore, we will no longer offer beer or wine at socials. We will continue to offer water and soft drinks, and we will provide ice. You may bring your own beer or wine to socials, and we will have a cooler where you can store your drink.

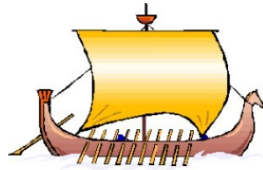
Share Your Talent

The **House of Norway** is looking for any type of talent to perform for 20-30 minutes at December Nights in Balboa Park on Friday, December 7th in the time slot of 5:30pm—6:30pm

Contact Jeanne Scott at (619) 750-1516.

LOV NOTES

October 2018



Next meeting November 3, 2018 at 9:00 a.m. at Denny's on Fletcher Parkway

Hostesses: Barbara Evje and Millie

Now is the koselig time of year! This is a Scandinavian habit which has been in the news lately. We deal with the extreme cold weather by getting cozy inside with coffee, food and the company of friends and family. My first contact with this idea was in 2011. After a trip to meet our family in Haugesund, we connected with them on Facebook. "Kose deg", they would post to each other. Literally, the verb kose means to cuddle or snuggle, and I admit that I found this an odd way to sign off at first. Now I'm on board with the cuddling as you, dear reader, may have noticed in my LOV Notes.

This month I got koselig on a Sunday at the House of Norway with Sandra, making waffles, serving them with lemonade and coffee, chatting with people who came in. Of course, many visitors are checking out all of the houses with no specific purpose. My favorite are the ones who seek us out: Norwegian nationals, folks who have visited Norway and those who want to visit. Always wanting to be the generous host, I share that the waffle recipe is on the website but apparently the link is removed. No worries, though. Looks like the Sons of Norway website has an identical recipe. Here's the link:

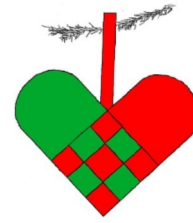
https://www.sofn.com/norwegian_culture/recipe_box/baked_goods_breads_and_desserts/vafler_waffles/

I was sad to have a schedule conflict with a Girl Scout event at the beginning of October so I missed the LOV breakfast. Thanks to Sandra and Amelia for their informative minutes. It was somewhat of a koselig weekend for me, hanging out with a bunch of GS colleagues learning and practicing outdoor skills in the local mountains.

Here's to more good times with friends at upcoming Norwegian events. Hope to see you there!

Kose deg, Myla

Editor's Note: the Vafler recipe is on page 12 of this issue



Ladies of Valhall
Invite the women members of
Valhall lodge to their
Annual Christmas Celebration

Saturday, December 1st
9:00 am—11:30 am
Denny's at 3691 Navajo Road

Breakfast of your choice
This year's theme: Christmas Past
We will decorate with items and
memories from previous LOV and
Lodge celebrations.

Holiday Gift exchange—bring a
wrapped gift (costing no more than
\$20) if you want to participate in
this fun game!



Space is limited to 36.
Email Myla to reserve your space
mycokapi@yahoo.com

Minutes of the Valhall Lodge Meeting

Monday, September 3, 2018

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

DRAPING OF THE CHARTER:

The Charter was draped for Karin Brevig, beloved member of Valhall Lodge since 1971. Susan read her obituary and members had a moment of silence for her. Karin's contributions to Valhall were many, she held many positions over the years, including president, and was very active in all lodge activities. She will be missed greatly. We send our sincere condolences to her family.

APPROVAL OF MINUTES: The minutes for the June lodge meeting were accepted as printed in the August Valhall Viking, No. 6.

Visitors: There were 3 visitors, Linda & Bruce Kaufman, and Alex Ribble. Our FBC, Jim Donovan was also there.

COMMITTEE AND DIRECTOR REPORTS:

Membership: Aprell reported that 3 new members have joined online, Theresa Odell, Andrew Currin-Chodur and Scott Staggs Nyquist. She has sent them all the new member packet of information.

Social: (1) Judy reported that Fårikål will be served at the Membership and Heritage social in September. To celebrate membership appreciation, the cost is just \$5.

(2) Susan added that there will be a program featuring 3 women, led by Jean Paddock, they will be sharing folk tales, singing, and playing the Lur, an ancient Norwegian horn instrument.

(3) Our new Financial Benefit Counselor (FBC) Jim Donovan will be there.

Website: (1) Steve Rawlinson reported that our website has been upgraded to a safer mode using https, this was free and now the site is more secure. (2) Susan reported that she had some difficulty finding the Valhall Facebook page and hoped it could be improved.

Foundation: Rick reminded us of the good deeds the Sons of Norway Foundation does involving scholarships, grants and disaster aid. Members can also donate or pledge to this foundation.

OLD BUSINESS:

(1) The Corporation is looking for 2 new Directors.

(2) Aprell reported that the Nominating Committee is still looking to fill positions for 2019-2020. These include Vice President, Secretary, Assistant Secretary, Foundation Director and Trustee. We could also use a Greeter, Musician, and Treasurer "understudy" who can learn from Millie.

NEW BUSINESS:

(1) Ragnhild Amble and Susan Cody are planning to revive the Norwegian language classes. They will use the same book that the recent class was using. Classes will likely be on Saturday mornings and will be held at Ragnhild's home.

(2) Susan plans to start some cooking lessons. These will be held on the same Saturdays as our socials.

(3) Carmen continues to hold rose-making classes.'

FINANCIAL REPORTS:

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

REMARKS FOR THE GOOD OF THE ORDER:

(1) Maury Lee reminded us that the Vista Viking Festival will be September 22 – 23. House of Norway will have a membership table and they'd be happy to share it with Valhall Lodge. We could pass out lodge information.

(2) Vista Lodge will be making Lefse for the Festival on September 9.

(3) Susan thanked all the helpers who moved the shed and contents to the new location. It was a lot of hard work but she is confident that this will be a great location for us.

(4) Millie reported that Nordic Night at

the Padres game was a lot of fun, and the Padres won, 7 to 0!! There were quite a few people there from HON and Valhall Lodge.

(5) Susan reported that she was at Camp Norge last weekend. She was there for her first Camp Norge Recreation Board meeting. Northern CA Krettstevne was also held there that weekend and was very well attended. She encouraged donations earmarked for Camp Norge for repairs/maintenance which can be made through the SON Foundation. The camp suffers through harsh winters every year and much maintenance is needed.

(6) Rick reminded us that the Southern CA Krettstevne will be held at the Banning Stagecoach KOA on October 19-21. Attendance has been down in the last few years, and he would love to see more attend. They have a lot of fun there, with great meals, singing, bingo, other games, and craft projects. There are several lodging options at the campground or local hotels.

(7) Jim Donovan gave us a brief introduction to SON Insurance products and shared his contact information with members.

ADJOURNMENT: The next social will be September 15, the next board meeting will be September 19. The next meeting will be November 12. There were 28 members present and the lodge meeting was adjourned at 7:38 PM.

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

Note: These are the minutes from the last lodge meeting we had. They were in last month's issue too, but we didn't have a meeting in October.

Proposed Slate of Valhall Lodge Officers 2019-2020

President	Maury Lee
Vice President	Vacant
Counselor:	Susan Cody
Secretary:	Janet Coulon
Assistant Secretary:	Janet Weber
Financial Secretary:	Aprill 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:	Vacant
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:	Steve Rawlinson Judy Sawyer

Vote for the new board members at the November meeting. Installation will be in January.

COMING EVENTS

for the Holiday Season

Nov 3rd - Multicultural Festival East County, 851 S. Johnson Ave, El Cajon, 10am - 4pm - *Damekor* performing

Nov. 12th— Valhall Lodge meeting at 7pm

Nov 15th - 62nd Annual International Peace Village 10am – 2pm, Aztec Student Union Courtyard

Nov. 17th—Valhall's Lutefisk Dinner & LOV's Lille Butikken

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 1st – Christmas on the Prado International Cottages, 1pm – 4pm

Dec 2nd – Christmas on the Prado 1pm – 4pm

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

The Hiking Vikings have their annual walk on Coronado on Saturday December 22.

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



November 17, 2018
Plan to holiday shop at the
Ladies of Valhall

Annual Lille Butikken

FOR SALE

Lodge t-shirts,
lefse, brunost,
delightful Norwegian baked goods & cookies,
handcrafted items,
clothing & household items,
all with Scandinavian flair.
Find gifts for yourself and your family.

3:30pm—7:00pm
at the Lutefisk Dinner
Stays open before, during and after dinner.



A Nordic Christmas Wonderland

Deep within the Norwegian mountains, the town of Røros, Norway, transforms into a magical Christmas market for one weekend, every year. The streets of Røros are lined with more than 60 market stalls, Christmas food and traditional activities. Drawing in hundreds of visitors, Røros offers a wonderful start to the Christmas season.

Experience Røros by taking a romantic sleigh ride, exploring the nooks and crannies of the old copper mining town or warm up with some freshly made gløgg. This picturesque, Nordic town was the inspiration behind Disney's movie, Frozen. Kids can meet the beloved reindeer Sven, build snowmen or try tobogganing.

Temperatures regularly dip below freezing, but the Christmas market thrives every year. This year's festivities will be taking place on December 6-9. To learn more about the Christmas market held in Røros, visit <https://www.roros.no/en/the-roeroschristmas-fair/>

More about enchanting Røros can be found online in the November 2016 Viking. Log in at www.sonsofnorway.com, then access the Viking archive by clicking on the Norwegian Culture drop down menu on the homepage. *This article from Sons of Norway newsletter files*



Happy Father's Day in Norway

The second Sunday in November is Father's Day in Norway. This year it is November 11th. It is a tradition to do a little extra for your father, maybe make him breakfast in bed or give him a Father's Day card.

When it comes to Father's Day, Norway has been influenced by Americans. Father's Day was first celebrated in the USA in 1909. Norway began to first celebrate after WWII.

Stamps for a Good Cause



Thank you for saving stamped envelopes and/or stamps. This assists us with our endeavor to help children through a Norwegian organization called Tubfrim. The mission is to collect and sell used stamps to stamp dealers and collectors and use the proceeds to aid Norwegian children.

Sons of Norway members are the largest contributor outside of Norway to Tubfrim's efforts, sending nearly 30% of all stamps collected. Tubfrim is celebrating its 90th year of doing wonderful things for the children of Norway. It started in 1928 when the Postmaster thought that there has to be some use for all these old stamps. He started collecting stamps and started Tubfrim, which is short for Tuberculosis and *frimerker* (Norwegian for stamps).

Over the years, Tubfrim has distributed over 23 million kroner to Tuberculosis research (initially) and then to handicapped children. However, now with increased numbers of immigrants and refugees, tuberculosis has returned to Norway.

This year Tubfrim has donated approximately \$100,000. They had applications from 237 organizations for funds, and they only distributed to 20 recipients. 50% of their funds are given for Tuberculosis once again, and the other 50% are given to organizations or individuals that have physical or maybe even mental handicaps. So the money really does good - stamps for a good cause.

The Norwegian Seaman's Church in San Francisco just (9/27) delivered 16 boxes of stamps (272 lbs.) to the freight forwarder in South San Francisco. They in turn will secure the boxes on a pallet, which will be put on a ship in Los Angeles with estimated arrival in Oslo on November 10, 2018. With any luck, the lodges that contributed to this shipment will get a thank-you note from Tubfrim sometime in December.

Valhall's Tubfrim Chairperson is Susan Cody. You can bring your saved (used) stamps to her at any lodge meeting and she will see that they get to the Seamans Church to go to Tubfrim.

HPR INTERNATIONAL COTTAGES
presents

International
Christmas
Festival

Food • Spirits • Free Entertainment

1st-2nd DECEMBER 2017

Fri 3pm - 11pm, Sat 12pm - 11pm During
Balboa Park's December Nights

For details & schedules:

www.internationalcottages.com



LOV Meeting Minutes for October 6, 2018

Denny's Restaurant, Fletcher Hills

Hostesses: Susan Cody and Arletta Jurasinski

17 people attended

The meeting was called to order at 9:20 a.m. by Vice President Millie Wright in President Myla Coleman's absence.

There was one guest at the meeting, Jean Shogren's sister, Beverly Lundeen from Littleton, Colorado.

Secretary Sandra Yeaman asked if anyone needed her to read the minutes of the September meeting since they were printed in the "Valhall Viking." Amelia Seeto-Murguia moved to accept the meeting minutes as printed in the "Valhall Viking;" Peggy Gere seconded; minutes approved.

Treasurer Amelia Seeto-Murguia presented the Treasurer's Report for August. Sandra moved and Dale Roybal seconded that the report be accepted as presented; the motion carried.

Old Business

September Heritage Dinner: The total cost for the transportation, meals and gas for three days, and the performance by three women at the Heritage Dinner in September was \$1,269.60.

Lille Butikken: Myla cut out the pieces for pillows and tote bags from t-shirts. Sandra sewed the items. In response to questions of whether additional t-shirts could be donated to be turned into tote bags, Millie volunteered to be the point of contact.

Benedetti Concert: Two concerts by Fred Benedetti are scheduled for October. Sunday, Oct. 7 at 3 p.m. at Mission Trails and Friday, October 19, at 7 p.m. at Grossmont College.

Lyceum Theatre production by San Diego Repertory Theatre of A Doll's

House, Part 2, on Wednesday, December 5, at 7 p.m. Dale moved and Amelia seconded that Sandra be authorized to purchase ten tickets to ensure the group rate is locked in. Sandra will also ask about parking options.

Christmas breakfast, December 1. Dale is coordinating. The theme is Christmases Past. Dale asks members to bring crafts that were sold at past Lille Butikken. Secret Santa gifts with a \$20 limit on value for a gift exchange during the party.

New Business

Sunshine Committee: Barbara Evje reported that she sent birthday and get well cards to a number of members. Regarding Chris Lelevier, Millie messaged her and did not receive a response.

We need hostesses for next month. Millie and Barbara stepped up to serve as hostesses next month.

Book Club is a summer pastime; we are too busy the rest of the year.

Jean Shogren recommended using email to inform our membership of urgent issues to vote on. Sandra has an email group of LOV members so any important messages can be sent to her and she can distribute to our membership.

Lille Butikken: We need a chair. Discussion regarding calenders, goat cheese, lefse and baked goods. Sandra can email our membership and request that members let her know what they will be baking for Lille Butikken. Peggy Gere moved that we not order calendars this year; Helen Johnson seconded; motion carried. We need cost information from Myla about goat cheese and lefse; Treasurer only had total cost, not how much was ordered or sold or donated. Anne Hoidal moved that we ask Myla about the quantity we should order and then order goat cheese and lefse; Dale se-

conded; motion carried.

Christmas Stockings: Peggy will sew bags and fill them for the children. Millie has a bag of supplies that she will give to Peggy.

Cultural Committee

Thelma Johannesen shared a story from her youth regarding learning to drive and passing her driver's license test.

For the Good of the Order

Amelia shared that both she and her husband have had health challenges recently.

Helen Johnson celebrated her 60th wedding anniversary; she calculated that she has made the bed 36,650 times!

Dale shared that she picked up and read *The Notebook* and that prompted her to put a picture of Ted and her from 1961 on the refrigerator to remind her why she married him.

Winners of the Zinnia flower hostess gifts were Peggy Gere, Helen Johnson, Janet Michka, Beverly Lundeen, Dale Roybal, Wilma Springer, and Millie Wright.

Vice President Wright thanked Susan and Arletta for hostessing today.

Next meeting will be at Denny's on November 3, 2018, at 9:00 a.m.; the hostesses will be Barbara Evje and Millie Wright.

The meeting adjourned at 11:14 a.m.

Respectfully submitted,

Sandra Yeaman
Secretary

With great assistance from Amelia Seeto-Murguia for the latter portion of the meeting



Vafler (Waffles)

Recipe from Sons of Norway Recipe Box (on the website)

Ingredients For the waffles

6 eggs
 ½ c sugar
 1 tsp ground cardamom
 1 ½ c flour
 1 tsp. baking powder
 Pinch of salt
 1 c sour cream
 ½ c melted butter
 3 Tbs. butter for frying

In America, waffles are eaten for breakfast, and the waffle irons are round or square with four sections. The usual toppings are butter and syrup. The vafler in Norway are served for dessert or as a treat in heart-shaped sections. They are much sweeter and softer than American waffles and are almost always home-made.

Recipe

Mix eggs, sugar, and cardamom together in a big bowl.

Add in flour, baking powder, and salt.

Mix these ingredients and beat in sour cream and butter until the batter is smooth. Let the batter sit for about 20 minutes before you begin making the waffles.

Heat up the iron and brush some of the butter of the surface, you are now ready to make waffles.

Pour 1/4 cup of the batter in the iron and wait for the waffle to become light brown.

Take it out (watch out, it's hot!) and serve it warm.

You can put jam, whipped cream, or sour cream on top. Try different toppings or make a waffle sandwich.

Norskkurs (Norwegian Course)

Valhall Lodge has a class in progress— an eight week Norwegian language class, which started on October 27. The first session was attended by enthusiastic students ready to learn Norwegian and learn more about Norwegian culture. Our teacher is Ragnhild Amble and Susan Cody is assisting her.

The emphasis will be on conversation, and if the first class is any indication there will be lots of conversation practice. We are using the book "The Mystery of Nils". Susan suggested we bring our singing voices, as we will learn Norwegian songs and will raise the ceiling performing them with piano accompaniment! And in the first class we had the fun opportunity to do just that. Susan led the singing and Ragnhild accompanied on the piano. So lively and I think we sounded pretty good! At the end of the class, Ragnhild played a classical song for us that was just amazingly beautiful, she is extremely talented. Jeanne Scott took some pictures of the class.



Class: Tam Stautland, Ellen Spitzer, Arlene Labree, Susan Cody, Denice Olsen, Ragnhild Amble and Matt Gleason





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

Floating Gallery Preparing to Launch

Before the world's first hybrid battery powered expedition ship sets sail in 2019, Her Majesty Queen Sonja and the Queen Sonja Print Award Foundation will hand pick every piece of artwork to be displayed onboard.

The exciting partnership between Hurtigruten and the Queen Sonja Print Award Foundation was announced earlier this year by the Queen, and may also include future collaborations in design and development of joint merchandise, art talks, exhibitions and more.

While traveling with Hurtigruten's new exhibition ship, the MS Roald Amundsen, an international public will experience nearly 600 works of art created by emerging Norwegian artists, previous winners of the Queen Sonja Print Award and even some of HM Queen Sonja's own works of art.

The ship will travel to Antarctica, the Arctic and the Norwegian coast, and will have the ability to sail fully on electrical power. The MS Roald Amundsen is one of two hybrid ships being produced by Hurtigruten in the coming years as they work to strengthen their focus on sustainability.

While Hurtigruten continues to build the next generation of expedition ships and the Queen Sonja Print Award Foundation highlights the next generation of young artists, this powerful alliance only seems natural.



Allowed to Belong to Two Countries

The government wants to let Norwegians belong to two countries. They want to give people the chance to have dual citizenship. Norwegians must be allowed to have passports from two countries. This is what the government wants. That is to say, people who live in a country outside Norway can have dual citizenship.



"It will be possible for Norwegians to keep their Norwegian passports. They can do that even if they become nationals of another country. The same will apply to foreign citizens who wish to become Norwegian. We are open to dual citizenship. This ensures that Norwegian law follows developments around the world. Connections to other countries are ever-increasing." So says Jan Tore Sanner in a message to the press. He is the Minister of Knowledge and Integration.

All of the other Nordic countries have opened up for double citizenship. So have most of the countries in Europe.

The rule today is that only Norwegians can have citizenship. But there are several exceptions to the rule. Many foreigners seeking to become Norwegians have received dual citizenship, while Norwegians who become citizens of another country have not had the same opportunity. The government's proposal makes it so people are treated more equally, says Sanner.

Norwegian citizens can regain their citizenship with this proposal. That is, if they lost their Norwegian citizenship when they became citizens of another country.

The government says that security is also an intention of the proposal. People convicted of terrorism may be deprived of their Norwegian citizenship. However, if they do not have dual citizenship, they can not be sent out of Norway.

Single Premium Whole Life Insurance: One & Done

Simply put the Single Premium Whole Life Insurance Plan from Sons of Norway (SPWL) is a one-time payment for a life insurance certificate that lasts until age 121.

You write one check and you never have to make another payment again.

One and Done!

You have to ask the question, “What do I wish to do? Pay cash up front or make easy monthly payments?”

Some people just LOVE the idea of being able to make ONE big life insurance payment and be done with it forever.

Here are the advantages of a Single Premium Whole Life policy:

- has guaranteed cash value growth;
- allows cash value to be borrowed against and even withdrawn;
- grows cash value tax-deferred;
- can earn dividends (not guaranteed, but historically reliable) if policies are from mutual companies like Sons of Norway; and
- deliver a tax-free death benefit to beneficiaries,

A granddad or grandma wishing to start their grandkids on the road to financial security might buy an SPWL certificate rather than a product that a young adult can cash in quickly like a bank savings account, without the discipline or patience to wait.

- The main feature of an SPWL is no more payments, which means
- 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.
- Grows cash quickly and safely.
- The internal rate of return often outperforms bank savings accounts and certificates of deposit by 200 – 300 basis points. With an SPWL, the cash value surpasses the premium paid after the first couple of years and internal rates of return may be higher than non-MEC policies.
- Multiplies your money.

A single premium life insurance policy turns your premium into a significantly larger asset... instantly.

Depending on your age and health and other factors, you might see your windfall double, triple, or quadruple over time.

SPWL's best dividend option of course is called paid-up additions which increases the original death benefit face amount each year.

Another advantage of Single Premium Whole Life is Financial Aid readiness. If you have a child, grandchild or great grandchild applying for federal financial aid through the FAFSA, money held in 529 accounts and many other financial vehicles such as stocks or bonds will be counted as assets that can reduce a student's financial aid qualification for college loans. Moving a lump sum of money into life insurance can help a student qualify for financial aid because life insurance is not counted as an available asset.

SPWL comes into play for seniors in estate and Social Security planning. Seniors in good health can move CDs or passbook savings (with a pretty poor interest rate) into a SPWL, and substantially increase their cash returns and provide a tax-free death benefit to their beneficiaries.

And the death benefit can replace social security income they will lose when either spouse dies—in many cases increasing their monthly income.

SPWL-One & Done

Let's talk about it—Your FBC, James Donovan, FIC,
CSAjdovaninsure@gmail.com

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- ◆Retirement Planning
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**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
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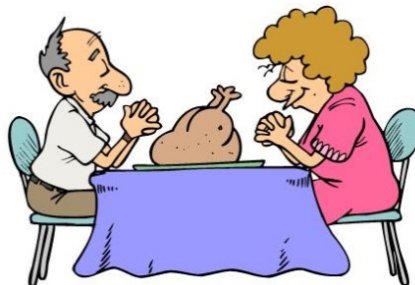
CALENDAR

November

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

December

1 Sat LOV Christmas Party
10 Mon Lodge meeting
15 Sat Christmas Potluck



Next newsletter is the
December issue

Deadline for the
December Valhall Viking
is Nov. 23, 2018

E-Mail articles to:
lodgevalhall@yahoo.com