

Valhall Viking

VALHALL LODGE 6-25

SAN DIEGO, CA

September 2018, #7

Message from the President

Thank you so much to Maury Lee, Rick Hausvik, Aprell and Don Bigler, Judy Sawyer, Millie Wright, Steve Rawlinson, and Janet and Dean Weber for all of their help on August 11 to move the shed and it's belongings from the church to the Masonic Lodge in La Mesa. It was a VERY hot day, and putting the shed back together was a challenge. We had to go back on Sunday to finish up, but we got it done! WE are looking forward to our first meeting on Monday, September 3.



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

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

Rick Hausvik and I returned from the International Convention on August 19. We had a very full schedule, and the focus for the Leadership Conference was volunteerism. We had several great speakers from the Minneapolis area talking about how their organizations contribute to the health and welfare of adult, family, and teen groups in the area. Sons of Norway headquarters plays a bit role in a couple of these organizations.

Several Sons of Norway members who were delegates at the convention expressed their condolences at the death of Karin Brevig. Many members across the nation knew Karin and Ola, and learned of her death via our newsletter. Several also wanted Ola's address so that they could send a card. I am enclosing the address here: 850 Del Mar Downs Road #337, Solana Beach 92075. There is a possibility that he has relocated nearer to his daughter. If this is the case, La Vida Del Mar will forward his mail.

See you at the September meeting and social!!!

Vennlig hilsen,

Susan Cody



**SONS of
NORWAY**

**VALHALL LODGE
6-25**

1912—2018

Meetings and Socials
at

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

Upcoming Lodge Events

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

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

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

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

www.lodgeofvalhall.com



Heritage and Member Appreciation Dinner



Sept 15, 2018

Happy Hour: 5:00 pm

Dinner: 6:00 pm

***** \$5.00 *****

Fårikål Dinner

Lamb and Cabbage
Carrots and Potatoes

Flat Bread

Dessert

Coffee or Tea

Program

Trina Strand, a professional singer,
Joan Paddock, a musician,
and Stine Fagertun, a storyteller
will provide entertainment for the evening.

Entertainment provided by a generous donation from LOV

Deadline for Reservations: Sept. 11th



Location:

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

**Send reservations to: Millie Wright
by mail, email or phone**

14215 Pecan Park Lane, #5A
El Cajon, CA 92021
619-443-0942
grandmom2dach@gmail.com

Bold Leif Erikson

Next month, October, marks the month when famous explorer Leif Erikson is celebrated and remembered for his adventurous spirit. President Lyndon B. Johnson proclaimed October 9 as Leif Erikson Day in the United States in 1964, following congressional approval of a resolution proposed by Minnesota statesman (later Vice President) Hubert H. Humphrey.

The official observance already had momentum: Almost 40 years earlier, President Calvin Coolidge had acknowledged the concept that Erikson had landed on North American shores nearly 500 years before Christopher Columbus. Leif Erikson Day had already been observed in Minnesota and Wisconsin since the 1930s and was established in South Dakota, Illinois, Colorado, Washington and California by 1956.

History reveals some fascinating details about the revered adventurer. Erikson was born around 960-970 A.D. in Iceland to Norwegian parents. He traveled to Norway and Greenland, so he is claimed by many, and is referred to as both Viking and Norse. He earned the nickname “Leif the Lucky” after rescuing a crew of 15 shipwrecked Icelanders. Icelandic sagas tell us that Erikson established a settlement called Vinland (believed to be in northern Newfoundland at L’Anse aux Meadows) around the year 1001 A.D., four centuries before the birth of Columbus. Erikson was only 24 when he captained this voyage. He bought a boat and set out on commission by Norway’s King Olav I to bring Christianity to other lands. Erikson and his group settled and stayed at Vinland for a winter, before returning to Greenland.

The spelling of his name varies from culture to culture. Icelanders call him Leifur Eiríksson, Norwegians use Leiv Eiriksson and, in Old Norse, he was called Leifr Eiríksson. But the American observance uses the more familiar spelling – Leif Erikson. No matter the spelling variances, Leif Erikson’s name evokes the spirit of adventure and calls for a designated day to celebrate the bold and beloved explorer.

Lodge Officers for 2017-2018

President	Susan Cody	619-303-5220
Vice-President	Vacant	
Counselor	Rick Hausvik	619-579-5447
Secretary	Janet Weber	858-484-3996
Assist. Secretary	Janet Coulon	619-319-0824
Financial Secretary	Aprell Bigler	619-284-6221
Treasurer	Millie Wright	619-443-0942
Social Director	Judy Sawyer	619-993-9113
Assist. Social Director	Joyce Oen	858-271-6229
Cultural Director	Sven Olsen	760-735-6171
Marshal	Maury Lee	619-476-1837
Assistant Marshal	Steve Rawlinson	619-275-1934
Greeter	Lou Coover	610-264-9486
Historian	Janet Coulon	619-319-0824
Librarian	Vacant	
Musician	Ragnhild Amble	619-465-7425
Editor	Arlene LaBree	858-271-8709
Assistant Editor	Steve Rawlinson	619-275-1934
Foundation Director	Rick Hausvik	619-579-5447
Publicity Director	Sven Olsen	760-735-6171
Youth Director	Myla Coleman	619-588-5783
Sports Director	Ellen Spitzer	619-444-9077
Webmaster	Steve Rawlinson	619-275-1934
Trustee (3 years)	Raymond Johnsen	858-459-5430
Trustee (1 year)	Joyce Oen	858-271-6229
Trustee (2 years)	Judy Sawyer	619-993-9113
Auditors:	Allen Johannesen	858-452-1797
	Thelma Johannesen	858-452-1797
	Sig Stautland	619-299-9237
Corporation Directors		
	Andy Ueland	619-226-1946
	Don Balmer	619-466-2179
	Susan Cody	619-303-5220
Corporation Officers		
President	Allen Johannesen	858-452-1797
Vice President	Sigurd Stautland	619-299-9237
Secretary	Aprell Bigler	619-284-6221
Treasurer	Rick Hausvik	619-579-5447





Happy Birthday
Gratulerer Med Dagen!



SEPTEMBER BIRTHDAYS

2	Janet L Weber
3	Else Ottesen
4	Helen Johnson
5	Lorraine Tucker
6	Bjorg Daley
7	Glenda Holsbo
7	Ann Hougen
12	Graciela Lee
16	Everett Shogren
17	James Seiler
17	Barbara Paulovich
18	Dolores Anderson
20	Letty Cotta
22	Jeanne Teveldahl Scott

Meeting Minutes

NO Meeting Minutes appear in this month's newsletter!

Our last Lodge meeting was in June, and the minutes were posted in the August newsletter. If you want to read the June minutes before the September meeting, go to our website and the newsletter will be there.

The last LOV meeting was in June, and the minutes for that meeting are also in the August newsletter. www.lodgeofvalhall.com



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

Valhall Has Moved

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

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

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

The new location is at the

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

Proposed Slate of Valhall Lodge Officers 2019-2020

President	Maury Lee
Vice President	Vacant
Counselor:	Susan Cody
Secretary:	Vacant – We really need a member to step up.
Assistant Secretary:	Vacant
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:	Vacant
Publicity Director:	Susan Cody
Youth Director:	Myla Coleman
Sports Director:	Vacant
Webmaster:	Steve Rawlinson
Trustee (3Year):	Vacant
Trustee (2Year):	Millie Wright
Trustee (1year):	Judy Sawyer
Auditors:	Allen Johannesen Thelma Johannesen Sigurd Stautland Steve Rawlinson

We encourage old and new members to become lodge officers. It is very rewarding and a great way to meet many of the members.

Please consider filling one of the vacant positions. If you are interested, please contact either Aprell Bigler, Arlene LaBree and or Myla Coleman.

Brief Description of the Vacant Positions

If you are interested and willing to volunteer, please consider joining the board and help our lodge keep going! The following is a list of some positions we need filled. More detailed descriptions are available if you are interested.

Vice President

- Substitutes for or represents the president upon request
- Chairs the membership committee

Secretary

- Handles correspondence
- Takes and posts (records) minutes of the meeting
- Orders supplies
- Signs official documents of the lodge

Musician(s)

- Provide Norwegian songs at meeting, using instrument, voice or other solution

Foundation Director

- Increases members' awareness of the Foundation and its value as a significant benefit of membership
- Promotes the Foundation to the members and the community
- Helps the Foundation grow financially

Sports Director

- Plan and supervise activity program with Norwegian flavor. Like hikes, team sports
- Plan spectator sports activities for lodge to attend
- Promote SON Sports Medal badges and hand out at meetings

Trustees

- Have custody of property of the lodge
- Holds title to investment(s) of the lodge, with the exception of real estate Financial Review
- Responsible for the annual audit of financial records

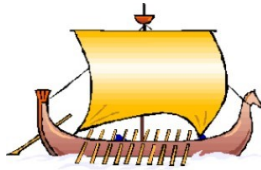
Greeter

- Greets members and visitors attending lodge meetings



LOV NOTES

August 2018



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

Hostesses: Barbara Evje and Anita Reith

According to iweather.net, fall begins in 30 days, 23 hours and 59 minutes from now...not that I'm counting...

I missed our book club meeting on August 4 as I was vacationing in beautiful, verdant, spacious Minnesota. When a hotel shuttle driver found out that we were from San Diego, he shared that he had visited and was surprised at how close together all the towns and businesses were. I was amazed at how sparsely populated Minnesota is, especially outside Minneapolis. Unlike SoCal's coastline where you can't tell where one city starts and the next begins, there is actual space between the towns.

We explored the Mall of America (wow, an amusement park where the longest wait for a ride was 10 minutes) It felt like 20 regular-sized malls all jammed together. Honestly, there were fancy shops and discount stores along with three Starbucks, three of the local Caribou Coffee shops and a sprinkle of random tea shops. All in all, a brilliant place to bring the family in all kinds of weather.

Other highlights were visiting family in Brainerd and Alexandria, the town where my family settled after immigration from Sweden. We also drove over hill and dale to see the Hjemkomst Museum in Moorhead. What an inspiring story of community and determination. Like the Viking Ship Museum in Oslo, a platform at the top of some stairs allowed a view into the ship. We stayed in Fargo, near the University district where we checked out the historic downtown.

I look forward to seeing everyone at the upcoming lodge meeting and social.

Happy Almost Autumn!

Myfa



LOV to Read met on August 4 to discuss The Birds by Terjei Vesaas.

Call for Recipes

Do you have a delicious Norwegian recipe you'd like to share – perhaps one that's a favorite among those in your lodge? We'd love to hear about it! Sons of Norway invites all members to submit their favorite Norwegian or Nordic inspired recipes to be considered for inclusion in our Recipe Box located on the homepage at sofn.com.

For a chance to be featured, simply email your recipe to jkohlnoher@sofn.com. Feel free to include a high quality photo of your dish or dessert if you have one, as well as a brief description explaining its history or family connection. We'll make sure all entries receive full credit if posted. –from SON

Editor's note: Please share your favorite recipes with the lodge for inclusion in one of our monthly newsletters! Most of the recipes that appear in the newsletter come from the Newsletter files on the Sons of Norway website. I'd love to share recipes from our members.

Email your recipe and notes to lodgevalhall@yahoo.com.

Tusen takk,

Arlene LaBree,
editor



Sons of Norway 27th Annual Weekend Southern California Kretsstevne

Friday, Oct. 19 - Sunday, Oct. 21, 2018

SCK Banning Fall Weekend

Join us for the weekend or a day trip for a wonderful blend of Norwegian Heritage and fellowship. The campground is a short distance south of Hwy 10 in Banning, 25 miles west of Palm Springs. The camp is on level ground at low elevation.



Banning Stagecoach KOA Campground & RV Park
1455 S. San Geronio Avenue, Banning, CA 92220

<http://koa.com/campgrounds/banning-stagecoach> information, only – no reservations

- Enjoy Music, Singing, Heritage Crafts, and Camaraderie
- Cultural Food Demonstration and/or games – Silent Auction and Scavenger Hunt
- Enjoy Saturday afternoon side-trip to Suveg Cellars Winery in Yucaipa

**** Lodging Options ****

Banning Travelodge 951-849-1000, Days Inn Banning 951-849-0092

Sold out

Limited number of RVs (2) and Park Models (3) for rent. Pricing is for two nights

Park Model – bedroom and foldout couch	\$215.00
RV – various sizes and accommodations, TBD	\$155.00
RV space, full hookups	\$ 95.00
Tent space	\$ 60.00

Please complete the registration form below and mail with your check made out to:
Southern California Kretsstevne. Mail by October 10 to:



Nancy Madson, SCK Registrar
28-351 Via Las Palmas
Thousand Palms, CA 92276

Call for campsite lodging (760) 343-0848
e-mail: norsknnm@gmail.com

----- cut here and mail -----

Name(s) _____ **Lodge** _____

Children _____ **Ages** _____

Phone () _____ **E-mail** _____

Fri. Night Meatball Dinner	_____ Adults @ \$8.00 each	_____ Children under 12 Free	\$ _____
Sat. Norwegian Vaffler Breakfast	_____ Adults @ \$5.00 each	_____ Children under 12 Free	\$ _____
Sat. Hot Dog in Lefse Lunch	_____ Adults @ \$5.00 each	_____ Children under 12 Free	\$ _____
Sat. Salmon Dinner	_____ Adults @ 12.50 each	_____ Children under 12 Free	\$ _____
Sun. Scandinavian Breakfast	_____ Adults @ \$5.00 each	_____ Children under 12 Free	\$ _____
SCK Registration Fee – all attendees	_____ Adults @ 7.50 each or Family \$15.00		\$ _____
Includes commemorative Rosemaled Kretsstevne pin for adults			

Lodging: Use pricing from above - Circle one

Park Model _____ RV rental _____ RV space _____ tent space _____ \$ _____

TOTAL AMOUNT, check written out to: Southern California Kretsstevne \$ _____

All proceeds support Camp Norge.

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

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

We will be painting a 10" beaded scoop plate. Karen is teaching a Hallingdal design using JoSonja Russet as the background color. Onya is teaching a Vest Agder design on a blue galaxy background... I am attaching copies of the pictures to this notice.

Please make your bed reservation with me. I develop the list of who is in which room. You will pay for your bed when you arrive at Camp. It is not included in your class fee. Bring your current membership card. If you can't locate your membership card, bring the last issue of your Viking Magazine. It has your number in the address box. Members pay \$16.20 per night; guests pay \$27.00 for beds in the dorms, which includes 8% Placer County Occupancy Tax. Only members are allowed to stay in the main house and the cozy cabins. For people who want to room together, I need to receive the list of names with the first reservation. RV's are encouraged as we have a limited number of beds. Members pay \$25 per night for up to four people per RV. Guests pay \$35 per night for RV's. Camp has electrical and water, but no sewer hookups. Tents are \$15 for up to four people for members, \$20 for non members. No occupancy tax on RV's or tents. Pets are \$2 per night. Pets are not allowed in any of the buildings, pool area or sleeping rooms at any time.

Please include your full phone number, address and lodge name and number when registering. If you have e-mail, please include your e-mail address. It is so much faster and cheaper if I need to talk to you. The supply lists will be sent when I receive your registration form and check. **ABSOLUTELY NO E-MAIL RESERVATION REQUESTS.** I need the check and registration form together. Be sure to send a self addressed stamped envelope for your supply list and class confirmation information if you do not have e-mail. I will not be sending you a supply list unless you send me a selfaddressed, stamped envelope or your e-mail address with your registration form

The cost of the seminar will be \$87 for registration which includes the class and wood piece all base coated and ready to go, hall rent, and the meals. There will be \$25 cancellation fee for any cancellations, but absolutely no cancellations after Sept .1st It is difficult for people on the waiting list to take your place if they do not have at least a couple of weeks to make their plans, so please be thoughtful. Melanie Souza will again do our cooking. The cost for food for the weekend is included in the \$87 registration fee. The food includes breakfast, lunch and dinner on Saturday and breakfast and lunch on Sunday. You were so very generous and cooperative with the cookies last time. I do so appreciate that. We will ask just one class to bring cookies, and will rotate those classes each time. The information will be on your supply list.

My e-mail address is pennyjknudsen@sbcglobal.net. My phone number is (916) 941-6433. Please cut off and complete the following registration form, make your check payable to Penny (not Camp Norge) and return as soon as possible with your stamped, self-addressed envelope for supply list if you do not wish to receive it by e-mail, to:

Penny Joseph Knudsen, 3774 Park Drive, El Dorado Hills, California 95762 -----

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

Name _____ Phone (____) _____ I need a bed reservation: y es__ No __
Address _____ e-mail address _____ I want to room with: _____

City _____ Zip _____ Name of Lodge _____

Class I want is: Karen _____ Onya _____ I am bringing my RV _____

I am enclosing \$87 for registration fee for food and class. I am bringing my tent _____ My spouse and/or family will be eating with us and I enclose \$35 for each _____

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



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

SAVE THE DATE:

Puffed Apple Pancake

Delicious served hot or cold! Submitted by Julie McCormick, Nortun Lodge 1-016, Duluth, MN

Ingredients:

½ c. butter
2 apples, unpeeled and diced

Batter:

6 eggs
1-1/2 c. milk
1 c. flour
3 T. sugar
1/2 tsp. salt
1 tsp. vanilla
1 tsp. cinnamon

Topping:

3 T. brown sugar cinnamon

Directions:

Put a stick of butter (1/4 lb.) in a 12" x 7" glass casserole pan. You can use any shape of a similar size. Place pan in cold oven. Turn oven on to 425 degrees F. Don't let the butter brown! While butter is melting, core 2 peeled apples, and cut up into small pieces. Add apples to melted butter.

Next, combine all batter ingredients. Thoroughly mix with egg beaters.

Apples should be sizzling and starting to cook in the melted butter. If not, wait a few more minutes. Then take out of oven and pour the batter over cooked apples. Give a quick stir to make sure apples are evenly distributed.

Sprinkle 3 Tablespoons of brown sugar evenly over the batter and sprinkle top with more cinnamon. Immediately return to oven and bake for 20 minutes or until the pancake puffs up.

Serves 6-8 people. Can be enjoyed hot or cold, and topped with apple sauce or syrup.

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

They Moved Pulpit Rock to India! Help the volunteer

In the latest "Mission: Impossible" movie, Preikestolen (Pulpit Rock) is supposedly set in India. Nevertheless, it is good advertising for Norway, according to people in the tourism industry.

Last fall, actor Tom Cruise came to Lysefjorden in Rogaland. He was going to record scenes for his new "Mission: Impossible" movie on top of the mountain Preikestolen (Pulpit Rock).

The superstar hangs from the edge of the famous cliff for four dramatic minutes. This was seen as a major victory for Norwegian tourism. However, director Christopher McQuarrie has placed the Pulpit Rock in Kashmir, India. This was a disappointment for many.

The webpage minervanett.no was the first to write about the topic. Daily newspaper Dagbladet has talked with Elisabeth Saupstad, a tourism director in the Stavanger office for Visit Norway, the official Tourism Board in Norway. She says that the audience will quickly figure out where the scenes are actually recorded.

"Preikestolen (Pulpit Rock) is almost as famous as the Eiffel Tower in Paris. So I think that will not be a problem."

Hege Kjellefold is the general manager of the Preikestolen Foundation. She also doesn't think it's a big problem that the action takes place in India.

"We were prepared for this. That is how things go in the international blockbusters. It's unlikely that such a storyline would have happened [in Norway]," she told Dagbladet.

The Americans filmmakers received six million dollars to shoot the scenes in Norway. They received the money through a contribution by the Norwegian Film Institute. The subsidy will make Norwegian culture, history and nature more well-known.

Article from SoN Newsletter files



One of our Valhall members, Cheryl Edwards, is doing a **Walk for Alzheimer's** on Saturday **September 22nd** at Kit Carson park. If you would like to donate toward her Walk for Alzheimer's, please visit Alzheimer's Association alz.org, click on "Find your Walk", then click on "Find a Walker" then type Cheryl Edwards name and click search. When her name pops up, please click Donate. She would greatly appreciate any donations.

Email Address Update

When was the last time you actually sat down and wrote a note to a friend and mailed it? Let's face it, most of us dash off an email even instead of a phone call. Our Sons of Norway Headquarters is doing more and more business by email. If you have not given them yours, do it now! Go on-line to sofn.com and check your member profile and update your personal contact information by including your current email. If you have not created a log-in name and password, do it soon. There are member benefits you may be missing. There is a monthly blog that contains interesting information. Members have access to recipes, Norwegian language lessons, financial product information, and much more.

It is also important that Valhall Lodge has your current and correct email. While most of us do not move very often, many change their email addresses frequently. So when you make a change or edit yours, please send the new email contact to Aprell Bigler at aprellw@aol.com

The newsletter only comes out once a month, and sometimes it skips month, but Aprell sends out emails immediately to our members to let them know of meeting changes, new events in town, member's passing and memorial services, etc. She also sends out notices when the newsletter is on the website.



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

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

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

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

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

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

Save the date

SPWL features:

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

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

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

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

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

Look to
SONS OF NORWAY

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

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

Contact our new FBC
Financial Benefits Counselor
For Valhall:

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

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



**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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Arlene LaBree, Editor
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San Diego, CA 92126-1103

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Valhall Viking
SEPTEMBER 2018

CALENDAR

September

1 Sat LOV meeting
3 Mon Lodge meeting
15 Sat Heritage & Member Appreciation Social-
19 Wed Board meeting

October

6 Sat LOV meeting
19-21 Kretsstevne

November

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

December

6 Mon Lodge meeting
18 Sat Christmas Potluck

Next newsletter is the
October issue

Deadline for the
October Valhall Viking
is Sept 23, 2018

E-Mail articles to:
lodgevalhall@yahoo.com