



Valhall Viking



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.*

**Serving San Diego, CA
Founded 1912**

Meeting Location

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

Schedule of Events

Apr. 6: Ladies of Valhall Meeting
Apr. 8: Lodge Meeting
Apr. 17: Board Meeting
Apr. 20: Social

Apr. 23: Newsletter Deadline

For additional information, including
up-to-date information, visit our
website at

<https://lodgeofvalhall.com>

Message from the President

Our March Social was a big success. We had a delicious dinner. Most of us ate excellent salmon, and those who preferred were able to eat meatballs. Kaye Wergedal, the District Six Public Relations Officer, and her husband Jerry attended and had a great time. Kaye was impressed with the Kransekake that had been made earlier that day at Susan Cody's cooking class. She like that it was made with ground almonds instead of almond paste. You will find a picture of the beautiful Kransekake on Page 14.

Message from the President (continued)

This month we will have our spring catered dinner.

If you have a young person in your family in need of scholarship or campership assistance, now is the time to apply. Application forms are available at <https://sofn6.org/scholarships/>.

Keep an eye on the ANNOUNCEMENTS page on our website. New



information comes in from time to time that might be of interest to you.

We can look forward to Easter this month. Here is wishing you **god påske!**

Vennlig hilsen, Maury Lee
president@lodgeofvalhall.com

Norwegian Cooking Class

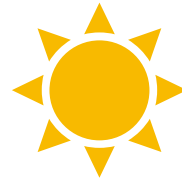
Susan Cody conducts a cooking class each month on the same day that the lodge has a social. Members of Valhall Lodge can attend the class at no charge, and other people can attend for \$10. The class is held at the lodge hall and runs from 10:00 AM until 12:00 M.

The class on April 20 will include rhubarb compote and Oslo Kringle.

Valhall Lodge #6-25, Sons of Norway Spring Dinner Social



Saturday, April 20, 2019
Social Hour 4:30 - 5:30
Dinner at 5:30



Menu

Ham
Roma Chicken Breast
Scalloped Potatoes
Green Beans Almandine
Rolls with Butter
Green Salad w/Dressings
Ambrosia
Pineapple Upsidedown Cake
Coffee or Iced Tea



Adults - \$18.00 (when pre-registered), \$23.00 at Door
Members' Children/Grandchildren under 15 - \$10.00**
Full time Student Members of Valhall under 25 - \$10.00
Under 5 no charge
** This is a correction from what was originally published

Reservation cut off: April 16, 2019

When making Reservation, please give name, number attending, and your phone number. Also, number of any children who qualify to eat for reduced price or FREE.

RSVP: sonjsawyer@gmail.com



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



Lodge Officers

President	Maury Lee
Vice President	VACANT
Counselor	Susan Cody
Secretary	Janet Coulon
Assistant Secretary	Janet Weber
Financial Secretary	Aprell Bigler
Treasurer	Millie Wright
Social Director	Judy Sawyer
Asst Social Director	Denise Olson
Cultural Director	Myla Coleman
Marshall	Judi Dow
Assistant Marshall	Lewis Dow
Historian	Sandra Yeaman
Musician	VACANT
Editor	Steve Rawlinson
Assistant Editor	Arlene Labree
Foundation Director	Arlene Labree
Publicity Director	Susan Cody
Youth Director	Myla Coleman
Sports Director	Ellen Spitzer
Webmaster	Steve Rawlinson
Trustee (3 Year)	Susan Cody
Trustee (2 Year)	Millie Wright
Trustee (1 Year)	Judy Sawyer

Auditors

Allen Johannesen
Sigurd Stautland
Thelma Johannesen
Steve Rawlinson

Corporation Officers

President	Allen Johannesen
Vice President	Andreas Ueland
Secretary	Aprell Bigler
Treasurer	Steve Rawlinson
Director	Maury Lee
Director	Judy Sawyer
Director	Rick Hausvik

LOV Officers

President	Millie Wright
Vice President	Susan Cody
Secretary	Myla Coleman
Treasurer	Amelia Seeto Murguia



**SONS of
NORWAY**

JAMES DONOVAN

Your Financial Benefits Counselor

760-440-9905

jdonovaninsure@gmail.com



Happy Birthday
Gstulerer Med Dagen!



April Birthdays

3	Patricia Becker
5	Kevin De Nino
6	Philip Lotze
9	Andy Ueland
14	Heather Bardin
15	Dr. Danny Keiller
16	Leif Fisher
17	Norman Magneson
18	Lillian Jansen
20	Kenneth Lindebrekke
22	Doris Anderson
22	Dean Seiler
22	Charles Sundry
24	Sigurd Stautland

Southern California Kretsstevne will take place during the 4th weekend of October 2019. Details will be provided later. Put a note in your calendar.

Camp Norge News

This is the **60th anniversary of Camp Norge**. Watch for news and announcements about their celebration. Graphics describing the event are at <https://www.campnorge.org/site/resources/>

Northern California Kretsstevne will start with a **Gala Banquet on August 31, 2019**. Check their website, <https://www.campnorge.org>, for details.

The **68th Rosemaling Seminar** at Camp Norge has sold out. Sorry.

Enjoy **Memorial Day at Camp Norge**. Details and registration form are at <https://www.campnorge.org/site/wp-content/uploads/Memorial-Day-2019-COMBO-Flyer-and-Food-Res.-Form-v.I.I.pdf>

See information on Page 6 about **Camp Oldfjell**, **Camp Folkehøgskule**, and **Camp Trollfjell**.

Cheese Coins

- 1 Cp Flour
- 1 Cp fine shredded Sharp Cheddar Cheese
- 1 Stick Butter Softened
- 1/4 tsp Salt
- * you can add small amount of Cayenne Pepper to taste for a little zip
- 1. Mix Flour, Cheese, Salt
- 2. Add Softened Butter
- 3. Knead..(I put on a disposable glove for this)
- Roll in small balls place on cookie sheet press down with 2 fingers to flatten
- Bake 350 approx 12 min bottoms will turn brown
- These freeze well..I usually Double this when I make them

Thanks to Social Director Judy Sawyer for making this recipe available to us.

Links

Our lodge: <https://lodgeofvalhall.com>

District Six Newsletters and Cultural Newsletters:
<https://sofn6.org/newsletters/>

Camp Norge: <https://www.campnorge.org/site/>

District Six: <https://sofn6.org>

House of Norway: <https://www.houseofnorway.org>

International: <https://www.sofn.com>

CAMP FOLKEHØGSKULE

Ages 14-17, June 23 - July 6, 2019

CAMP TROLLFJELL

Ages 8-13, July 7-20, 2019

Flyer at <https://lodgeofvalhall.com/wp-content/uploads/2018/11/FolkehogskuleTrollfjell2019.jpg>

Details for Camp Folkehøgskule:
<https://sofn6.org/arv/trollfjell-folkehogskule/>

Details for Camp Trollfjell:
<https://sofn6.org/arv/camp-trollfjell/>

CAMP OLDFJELL

Folkehøgskule for Voksne (Folk School for Adults)

Date: Tuesday, September 10, 2019 through Sunday, September 15, 2019

Location: Camp Norge

Details: <https://www.campnorge.org/site/camp-oldfjell/>

Newsletter editor: Steve Rawlinson

editor@lodgeofvalhall.com

Scholarships and Camperships

District Six offers up to 3 \$1,000 scholarships for students aged 16-23. Deadline for these is May 1, 2019.

District Six also offers a \$1,000 scholarship to the Concordia Skogfjorden Language Camp. Deadline for this is April 14, 2019.

District Six also offers 1/2 camperships to the youth camps at Camp Norge. These applications must be received by April 15, 2019.

Application forms are available at <https://sofn6.org/scholarships/>.

Sons of Norway Foundation offers many scholarships. Details are at <https://www.sofn.com>. Log in, mouse over "Foundation", and select "Scholarships".

District Six Newsletter

Message from your District Six PRO, Kaye Wergedal: If you are not receiving your very own copy of the Super Sixth District Newsletter, delivered to your email inbox, please click on: <https://sofn6.org/distribution-lists/> and select "**All District Six Members**" to subscribe to the newsletter. Alternatively, you can get to that page at sofn6.org -> RESOURCES -> DISTRIBUTION LISTS.

<https://lodgeofvalhall.com> has a link to the latest issue in the sidebar. The current issue is Winter 2019.



*Join us to Celebrate
Norway's Constitution Day!
17. Mai 2019
Flag Raising Ceremony at 9am
International Cottages-Balboa Park
at the Grassy area near the Hall of Nations*

*Brunch Follows! Hosted by
The House of Norway
in the Hall of Nations*

*2191 Pan American Rd. West
You MUST **R.S.V.P** by 5/14 to:
Terry email: twms@cox.net
or call: (619) 743-3669*

Donations Accepted!



House of Norway Annual Lawn Program

The Annual Lawn Program will take place at the International Cottages at Balboa Park in San Diego from Noon to 3:30 PM. The parade starts at 1:45 PM. There will be entertainment at 2:00 PM. Details are at https://docs.wixstatic.com/ugd/44e3ef_fe2920f90b6a4c5da3d1b8c2f7c948fb.pdf.

Norwegian Church Service

There will be a Norwegian Church Service on **Sunday, May 26th at 5:00 PM**. The service will take place at:

**Ascension Lutheran Church
5106 Zion Ave.
San Diego, CA**

Coffee will be served after the service.

In Memoriam

Lorraine Tucker

1926 - 2019

Lorraine Tucker passed away on February 25th. She was 92.

Lorraine was a Golden Member of Sons of Norway. She joined in 1971. She served in a number of offices including Secretary, Social Director, Historian, Librarian, Assistant Cultural Director, Telephone Committee Chairperson, Sunshine Committee, and Corporation Secretary. She spearheaded youth folk dancing groups in the 70s. While serving as Historian, she wrote extensively about Valhall Lodge history.

Lorraine was a charter member of Ladies of Valhall and served as Vice President and Secretary of LOV. She served on the Bunad Committee and helped with the project Bunads in America.

Lorraine taught Norwegian classes at Camp Norge.

Our deepest sympathy goes to her daughters: Karol Hansen, Gale Schaffroth, Susan Hansen-Luburic, and Laurel Tucker-Litchfield. Our sympathies also go to her grandchildren and great-grandchildren and other members of her family.

In Recognition
of

Ten Years of Membership,
Valhall awards a Ten-Year Pin to the following
member for her long and faithful service.

Ten Years of Membership

Amelia Seeto-Murguia

Congratulations!
Valhall Lodge 6-025 - Sons of Norway

2018 Recruitment Awards

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

Susan Cody
Millie Wright

Tusen takk

Tubfrim

Susan Cody is collecting cancelled stamps for the Tubfrim charity. These stamps help raise funds for needy people.

Minutes of the Lodge of Valhall Meeting

March 11, 2019

CALL TO ORDER: President Maury Lee called the meeting to order at 7:05.

DRAPING OF THE CHARTER:

The Charter was draped for Lorraine Tucker, who was a long and faithful Golden Member, joining in 1971. She was an LOV Past President and Secretary and taught Norwegian at Camp Norge. She had four daughters. Services will be held on March 23rd, at 2:00 pm, at San Marcos Lutheran Church. Our sincere condolences are extended to Lorraine's family.

MEMBERSHIP: Aprell reported that Larry Collins has transferred his membership back to Valhall.

CORRESPONDENCE: David Moe, President of Vinland Lodge in Temecula, sent an invitation to the multicultural fair in Temecula, on March 16.

APPROVAL OF MINUTES: The minutes for the February lodge meeting were accepted as printed in the March Valhall Viking, #2.

There was one visitor: Leroy Dorman, a retired university professor, who is originally from Minnesota.

Myla played Nidelven (The River Nid) and explained the significance of the lyrics.

COMMITTEE AND DIRECTOR REPORTS:

Social: Judy Sawyer reported on upcoming dinners: the Salmon Dinner will be on March 16th; in April, a catered ham and scalloped potatoes dinner will be served; May will be the Syttende Mai celebration dinner; June's dinner will also be catered, and Judy asked that everyone remember to bring a White Elephant gift.

Cultural: 1) Myla Coleman gave an update on the invitation extended to Rachel Nesvig, to play the hardanger fiddle for the Syttende Mai festivities. Rachel can't make it this year, but she

can come on September 21, for the lodge dinner and possibly for the Viking Festival if they have a spot for her. She normally charges \$200 per performance, but if she performs more than once, this price could be less. Myla will follow up with her.

2) Myla reminded everyone to bring their cultural items for the Anniversary Dinner. She will help with set-up during the social hour. 3) She intends to teach some songs, especially to the kids, long before Christmas (with translations for the lyrics) so that when we are singing around the Christmas tree, we'll know what we're singing about. She will be ordering some new CDs from Ingebretsen's. 4) She encouraged everyone to look for the PBS cooking show, "New Scandinavian Cooking, with Andreas Viestad," especially the episode in which he makes ice cream by tying a can of cream to the back of a sleigh. 5) Finally, she asked the group to send her ideas for things they might like to know more about.

Newsletter: Steve Rawlinson asked everyone to refer to page 8 of the current newsletter for an explanation of why we are continuing to mail newsletters. He will ask the board to consider the matter again. He pointed out that in last year's survey, only 23 people said they did not want a paper newsletter. We must have at least 200 pieces to get the bulk rate--by deleting 23 people, we would fall under the 200 pieces, and would therefore have to pay much more to mail the remaining newsletters. He asked that anyone with further thoughts about this email him with their comments.

Website: Steve encouraged everyone to look at the Announcements section of the website. He does update it with current information and if something misses the newsletter deadline, he puts the information in this section.

Social: Susan Cody will hold a cooking class from 10:00-12:00 on March 16. This month's class will

be on kranssekake.

NEW BUSINESS:

Judy Dow reported that many of the song books are falling apart. She has replaced a few of the bindings. She was asked to provide the board with a number of how many of the books may need to be replaced. Graciela Lee volunteered to replace the bindings.

FINANCIAL REPORTS:

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

REMARKS FOR THE GOOD OF THE ORDER:

Steve Rawlinson reported that Kaye Wededal, the District 6 Public Relations Officer, and her husband Jerry, will be coming to the upcoming dinner.

Millie Wright reported that Joyce Oen's birthday party was wonderful and that Joyce was very surprised.

Janet Weber reminded everyone that the San Diego Brain Injury Foundation's walk will be held on March 30. Else Ottesen set up a page on the SDBI's website for the Hiking Vikings to register.

Maury Lee reported that he went to the District 6 membership seminar in Palm Desert. He learned ways to get pictures in the Viking Magazine. Jean Shogren pointed out that the submitting form must be carefully filled out.

Maury announced that plans are in the works for a combined celebration for Jonsok in June. The participating lodges are Vinland, Norge, and Valhall, and will be held at the Norge Lodge in Vista. Date and details are still to be determined. (Jonsok, or St. John's Day, is a midsummer celebration with bonfires, etc.) Maury will attend a meeting about it on March 23rd and will share more

Lodge Minutes Continued March 11, 2019

information as he gets it.

James Donovan pointed out that there is a misprint on the current financial benefits postcard. It should say *newborn* to 85.

Maury announced that he has invited the Swedes to join our lodge because theirs has folded. Uff da!

ADJOURNMENT: The next social will be March 16. The next lodge meeting will be April 8, 2019.

There were 20 members and 1 guest present and the lodge meeting was adjourned at 7:48

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

Message from the Cultural Director

Have you been a member of the lodge forever? Or, like me, a relative newbie? As your new Cultural Director, I hope to incorporate all of our active members, all levels of knowledge and experience from novices to natives, as we set off on our journey together, learning about the vakkert land, Norway. Please feel free to contact me with ideas for cultural program at our meetings and socials.

The process has already begun, as I reported at our Lodge meeting this month. I have had input from a few members and even received emails with some of the research started – thanks, Sandra, for the legwork!

Many of our members want to learn to speak Norwegian. Learning songs is an excellent tool for remembering language. I plan to find translations for some of the songs in our Songbook and share at our Lodge meetings for the musical portion of our meeting.

As promised at the meeting, here is a translation of the lovely, wistful song of yearning for a lost love, Nidelven. Can you feel the gentle sway of the tide?

Hilsen, Myla

Nidelven

Lyrics omitted pending determination of copyright issues.

Nid River

<https://lyricstranslate.com/en/nidelven-nid-river.html>

LOV Notes

March 2019

Next meeting: 9:00a.m. April 6, 2019

Hostesses: Anne Høidal and Linda Rawlinson

Spring is in the air, March 20th is the first day of Spring and I am enjoying the pleasant days.

March 2019 was a busy month for LOV and Valhall Lodge, especially Saturdays:

° March 2 – LOV Meeting

Thelma shared a Gnome she knitted as a possible craft for the Lille Butikken this year; she is a talented crafter.

Several of our Ladies, including one of our Swedish guests, shared stories pertaining to prompts provided by Sandra. As always, we sang Happy Birthday to LOV members with birthdays during the month and the Swedish ladies surprised us by singing the Swedish version of Happy Birthday.

° March 9 – Surprise 80th birthday Party for Joyce Oen

What a fantastic event, its amazing that no one spilled the beans! It was a complete surprise to Joyce, the expression on her face when she came through the door was priceless. Several LOV/Valhall Lodge members attended the party and those who didn't missed out on a beautiful location, delicious food and good conversations. Thanks to, Jen/Harley, Jason/Kim, Jeff/Amy, Joyce's children and their spouses, for inviting LOV/Valhall Lodge members to help Joyce celebrate this milestone in her life.

° March 16 – Valhall Lodge Salmon/Meatball Social

Several of the Ladies of Valhall participate in making the socials successful. Judy is the Social Director for Valhall Lodge and has committees, including LOV as well as other Valhall members to assist in preparing, serving and cleaning up. There was a nice turnout for the dinner and the food was delicious.

Prior to the Salmon/Meatball dinner, Susan Cody held a class on making Kransekake from beginning to end. Susan made the batter and did the baking, but all the rest was interactive. We made the "ropes" to fit in the molds (some turned out better than others). When all the molds were filled Susan put them in the oven and we took a coffee break.

Susan demonstrated, in small groups, how to tell when the Kransekake rings are done. Once the rings were out of the oven and cooled the trick was to get them out of the molds and stacked– we ended up with a lot of "waiter food" but still made three presentable Kransekake for dessert at the Social after we all had a hand at piping the icing on the rings. Tusen takk Susan for pulling this all together.

° March 23 – Celebration of Life

On a sad note we will be celebrating the Life of Lorraine Tucker. I am expecting this to be well attended by LOV/Valhall Lodge members as Lorraine was such a vital participant in both groups. She is missed by so many of us.

° March 30 – Brain Injury Foundation Walk for Recovery

Else, taking over from Sven, spearheaded the Hiking Viking group registration and I hope more LOV/Valhall Lodge members signed up for this special event since Valhall Lodge has member(s) that benefit from this Foundation. Wear your Norwegian t-shirts, hats, helmets etc.

Ha det bra,
Millie

Minutes of the Ladies of Valhall Meeting

March 2, 2019

The meeting was called to order at 9:06 am by President Millie Wright. Four guests from the now-defunct Swedish Club were welcomed: Alita Swanson, Florie Lyon, Carol Thompson, and Jamie Swanson.

There was a moment of silence for our recently deceased member, Lorraine Tucker.

There was one correction to the February minutes. Beda Johnson was invited to the LOV meeting in February by Sandra Yeaman and Jean Shogren. The minutes were accepted as corrected.

The treasurer's report was read and accepted.

Old business:

- The hostess signup is complete
- There were no reports for the Lille Butikken, Christmas party, or Christmas stocking committees at this time.

New business:

- Ideas for crafts to sell at the Lille Butikken have been requested.
- Thelma Johannesen presented a knitted gnome that might be a good idea to sell at the Butikken.

Cultural committee:

- Ragnhild Amble led the members in a Norsk language lesson and the singing of two songs in Norwegian.

- Dale Roybal wrote about "the last time that I did something for the first time".

- Sandra Yeaman, Dale Roybal, Carol Thompson, and Judy Sawyer spoke about "my first boyfriend".

- Thelma Johannesen recounted "how I met my husband".

- The theme for April will be "Books that were important to me and why".

For the good of the order:

- Dale Roybal read a letter that she had written to Jim Adams in 2004 while he was in Iraq, and related that the letter never got to him at the time.

- Thelma shared a hand-smocked dress that she had made for a step-granddaughter's confirmation.

- Susan Cody announced that the cooking class for March will be Kransekake.

- Helen Johnson sent out a thank you to Jean Shogren for taking all of the great photos of our meetings.

Carol Thompson thanked the group for the great welcome from LOV today.

- Barbara Evje (I didn't write down, nor can I remember what she said [?])

Happy birthday was sung to Joyce Oen, and sung again in Swedish by our guests.

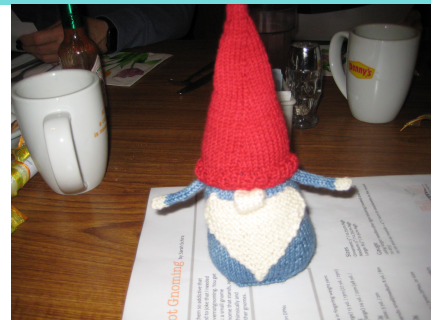
The drawing winners were Judy Sawyer, Barbara Evje, Amelia Murguia, Millie Wright, Susan Cody, and Tam Stautland.

Our hostesses, Sandra Yeaman and Dale Roybal were thanked.

Hostesses for our next meeting April 6 will be Anne Hoidal and Linda Rawlinson.

The meeting was adjourned at 11:17AM

Respectfully submitted,
Susan M. Cody, Vice President, for
Myla Coleman



Possible craft project for LOV



Dresses Thelma made for granddaughter



Visitors from Swedish Club



Door prize

Let's Get Some New Members

Sons of Norway is encouraging lodges and members to recruit new members. Those who find new members qualify for a drawing to win a \$25 gift card. Details about this are on our website at <https://lodgeofvalhall.com/wp-content/uploads/2019/03/Call4NewMembers2019.pdf>.

Photos from the 107th Anniversary Social Saturday, March 16, 2019



Susan Cody and Millie Wright receive awards for recruiting new members.



Al Johannesen receives 40-year Certificate and pin.



Tam Stautland receives 25-year Certificate and pin.



Amelia Seeto Murguia receives 10-year pin.



Dessert included wonderful cake and kransekake.



Rick Hausvik did a wonderful job preparing the food.



We had both chocolate cake and white cake to commemorate our anniversary.



The Kransekake was made earlier that day in Susan Cody's cooking class.



Our First Lady attended the cooking class.

Photos from Susan Cody's Cooking Class March 16, 2016



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SONS OF NORWAY
(Valhall Lodge) 6-25

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San Diego, CA 92117-6250

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Valhall Viking

APRIL 2019

CALENDAR

April

6 Sat LOV Meeting
8 Mon Lodge Meeting
17 Wed Board Meeting
20 Sat Spring Dinner Social

Next newsletter is the
May issue

Deadline for the
May Valhall Viking
is April 23, 2019

E-Mail articles to
Steve Rawlinson at:

editor@lodgeofvalhall.com