



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

June 1: Ladies of Valhall Meeting
June 10: Lodge Meeting
June 15: Jonsok
June 19: Board Meeting
June 22: Ice Cream/Picnic Social
July 23: Newsletter Deadline

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

<https://lodgeofvalhall.com>

Ord fra presidenten

We had a beautifully presented and delicious Syttende Mai dinner social at the lodge hall on May 18. The Mannskor gave a wonderful performance, and Ladies of Valhall presented us with some interesting historical information about three heroic Norwegian kings. I hope you were able to attend the Syttende Mai celebration at House of Norway on May 17 and also the lawn party on May 18. It means a lot to me if you were there.

Ord fra presidenten (fortsettelse)

We would like to see more members attend the lodge meetings. If there is something we can do that would motivate you to attend, please let me know. You can e-mail me at

president@lodgeofvalhall.com. Our lodge meetings are a chance for members to get together and renew our interest in Norwegian culture. We also have great food and excellent



fresh-brewed coffee afterward for the modest donation of \$3. You can eat and visit with your fellow Norwegians.

On **June 15**, we will celebrate **Jonsok** along with the lodges of Vista and Temecula at Norway Hall in Vista. Details are on Page 4. We will delay our social for June to the following week on June 22.

We are revising the Bylaws. Thanks to Janet Weber and Rick Hausvik for their hard work. **Please review the proposed new Bylaws on Pages 12 - 15 of last month's newsletter and prepare to vote on them at the lodge meeting on June 10.** We discovered that we had to have them read out loud before we could vote, so the vote has been postponed from May until June.

The San Diego Padres will have Nordic Night on July 12. See the flyer linked from Page 8 for details.

Enjoy your summer. After the June activities, we will shut down for July and August. Next newsletter comes out in August, and we hope to see you at the lodge meeting in September on Labor Day.

Vennlig hilsen, Maury Lee
president@lodgeofvalhall.com

There will be no cooking class in June. The next cooking class is expected to be in September.

Valhall Lodge #6-25, Sons of Norway Ice Cream/Picnic Social and White Elephant Bingo

Please bring a White Elephant item suitable for either a man or a woman.



Saturday, June 22, 2019
Social Hour 4:30 - 5:30
Meal at 5:30, Bingo to follow

Menu

- Pulled Pork Sandwiches
- BBQ Chicken Breast
- Baked Beans
- Corn Niblets
- Potato Salad
- Fruit
- Ice Cream Sundaes

Adults - \$15 (when pre-registered), \$18 at Door
Members' Children/Grandchildren 5-15, \$10

Reservation cut off: June 18, 2019

When making reservation, please give name, number attending, and your phone number. Also, number of any people who qualify to eat for reduced cost.

RSVP: Judy Sawyer: sonjsawyer@gmail.com or 619-993-9113

This is a CATERED dinner. PLEASE make your reservation by the cutoff date: June 18, 2019.

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



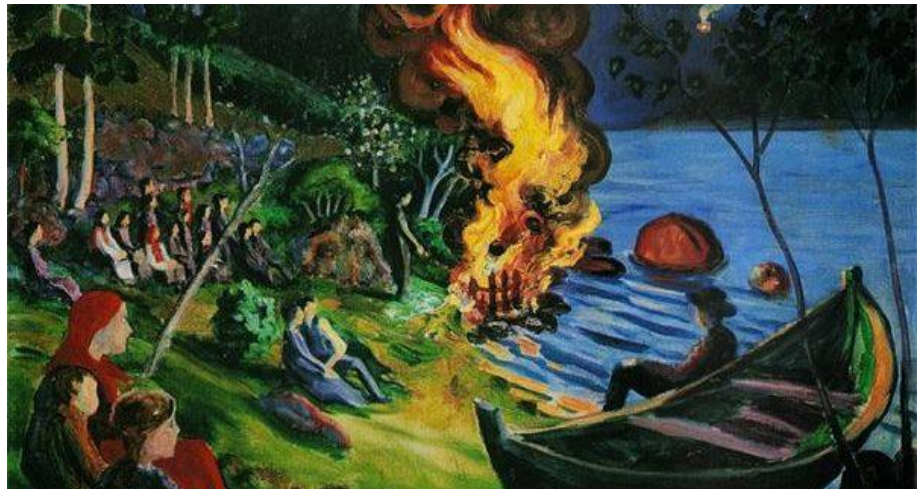
Sons of Norway Area 6, Zone 6 presents

Jonsok (Midsummer) at Norway Hall in Vista Saturday, June 15, 2019 1-5pm



Cultural Presentations from 1pm to 3pm.

If you have something
Norwegian to share with
us, contact James at
JJerpseth@gmail.com



AGENDA

1 pm Cultural Presentations
3 pm Dinner
4 pm Program

PRICE

Adults: \$20
Teenagers (11-17): \$10
Children (0-10): FREE

Reservations Close on

Sunday June 8

PLEASE RSVP to help us plan

For Reservations

On Line - click here:

<https://sonvistajun2019.eventbrite.com/>

Or contact:

Diana Hamilton-Long

blackswan1066@yahoo.com

760-533-1767

29779 Niguel Rd #h

Laguna Niguel, CA 92677

Menu Meny

Main Course

Ribs
Potato Salad
Baked Beans
Corn on the Cob
Watermelon
Ice Cream

Tea and Coffee

Hovedrett

Ribbe
Potetsalat
Bakte bønner
Maiskolbe
Vannmelon
Iskrem

Te og Kaffe

ADDRESS & DIRECTIONS:

Norway Hall
2006 E. Vista Way, Vista

From highway 78 Exit **North** on **Civic Center Drive**. Drive 1.4 mi then turn **North** onto **E. Vista Way**. Drive approximately 6 lights, 2 mi.

From highway 76 Turn south onto **E. Vista Way**. Drive 2.1 miles. Entrance is 0.2 mi. south of **Warmlands Ave.** intersection.

Look for the **NORWAY HALL** sign near **Prohibition Brewing Company** on the west side. Turn left and follow the easement immediately beside the **Prohibition Brewing Company** building down to the hall.

Sponsored by NORWAY HALL FOUNDATION

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

Gratulerer Med Dagen!



June Birthdays

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

July Birthdays

1	Janet Kylstad Coulon
6	Bruce Johnson
8	Mary Stedham
13	Betty Luther
15	Edvard Hemmingsen
15	Larry Collins
15	Karl Karlsgodt Koskinen
16	LaVonne Coover
22	Erica Lee
22	John Burgess
26	Oddvar Høidal
27	David Murguia
30	Maury Lee
30	Sharmane Estolano

Tubfrim

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

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

*In Recognition**of*

*Twenty-five Years of Membership,
Sons of Norway awards a Certificate
of Appreciation and pin to the following
member for her long and faithful service:*

*Twenty-five Years of Membership**Sara L. Adams*

*Congratulations!
Valhall Lodge 6-025
Sons of Norway*

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.

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/>

*In Recognition**of*

*Ten Years of Membership
Valhall awards a Ten-Year Pin to the
following member for his long and
faithful service:*

*Ten Years of Membership**Erik Aamodt*

*Congratulations!
Valhall Lodge 6-025
Sons of Norway*

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>

Newsletter editor: Steve Rawlinson

editor@lodgeofvalhall.com

In Memoriam

Lizzie Skylstand Riiber

February 14, 1931 - May 16, 2019

Lizzie was born in Bodø, Nordland province, Norway. Her father was a pastor in the Seventh Day Adventist Church. The family later moved to Oslo, where Lizzie grew up and received her education.

She met her husband, Rein Riiber, when she was young. He was a war hero and a medical doctor. Unfortunately, he passed away after they had been married some ten years. He was her great love.

Lizzie moved with her two daughters, Siri and Marte, to the U.S., but later went back to Norway to take care of her mother. Thereafter she returned to the U.S. and eventually settled in Point Loma.

Lizzie had a deep passion for and knowledge of Norwegian culture. She was an accomplished weaver and for a time taught the craft at a weaving studio in Oslo. In the U.S., she taught Norwegian at the University of Oregon in Eugene.

In San Diego, Lizzie became a member of Valhall Lodge, Ladies of Valhall, and the House of Norway, where she served many years as president and cultural director. The House of Norway was an important part of her life. She spent so much time there that her two small grandchildren, Line and Stian, believed that she lived there!

In 2005 Lizzie and I organized and led San Diego's celebration of the 100th anniversary of Norway's withdrawal from the royal union with Sweden, thereby gaining full independence. Several major Norwegian musicians came to San Diego as part of the celebration. Its crowning event was the Norwegian Folk Art Exhibit at the Mingei International Museum in Balboa Park. The exhibit was supported by Vesterheim Norwegian-American Museum in Docorah, Iowa, and by numerous local contributors. Lizzie herself had an incredible private collection of Norwegian folk art which she made available for the Mingei exhibition.

It is with great admiration that so many remember her for her impressive work on behalf of the San Diego Norwegian community. She passed away in a nursing home in Sandefjord, Norway.

With love,

Anne Kløvnes Høidal

Members of Valhall Lodge extend their deepest sympathies to the Riiber family.

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/>

Norwegian Church Service

There will be a Norwegian Church Service on **Sunday, June 2nd, 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.

Padres Game Nordic Heritage Night

July 12, 2019 will be Nordic Heritage Night at the baseball game between the Padres and the Braves. <https://lodgeofvalhall.com/wp-content/uploads/2019/04/2019-Nordic-Night-Flyer-Final1.jpg>

Minutes of the Corporation Board Meeting

May 13, 2019

The regular May meeting of Valhall Sons of Norway Inc. Board was held prior to the May meeting of Valhall Lodge No. 6-025. It was called to order by Vice President Andreas Ueland at 6:24PM.

Present: Vice President Andreas Ueland, Treasurer Steve Rawlinson, Secretary Aprell Bigler, and Directors Judy Sawyer and Maury Lee. President Allen Johannesen and Director Rick Hausvik were absent.

The minutes of the regular board meeting held on February 11, 2019 were read and approved.

The Treasurer report, 1st quarter of 2019, was reviewed and discussed. It was moved, seconded and passed to accept the treasurer report.

Old Business: Torrey Pines Bank signature records have been updated.

Former Vice President, Sigurd Stautland, and Former Treasurer, Rick Hausvik, have been removed from Torrey Pines Bank signature records. New elected officers, Vice President, Andreas Ueland and Treasurer, Steve Rawlinson, have been added to the Torrey Pine Bank signature records.

New Business:

The recommendations for the 2019 charitable contribution were discussed and are as follows:

Mannskor	\$100.00
Camp Norge	<u>\$400.00</u>
Total	\$500.00

Good of the Order:

Steve Rawlinson discussed two investment models, Conservative and Moderate. At this time, there will be no change to the investments.

Convention delegate reimbursement expenses to Valhall Lodge were discussed. A representative of the Corporation will bring up this subject at the next Valhall board meeting scheduled in June 2019.

The meeting was adjourned at 6:55PM.

The next regular meeting of the Valhall Sons of Norway Inc. Board will be on September 2, 2019 at 6:30PM, prior to the September Valhall Lodge meeting.

Respectfully submitted,
Aprell Bigler, Secretary

Minutes of the Lodge of

Valhall Meeting

May 13, 2019 (continued)

(Continued from Page 10)

that non-member Mannskor performers are usually comped for their meals, while the member Mannskor performers have to pay for their meals. She suggested that all of them should be comped. She further suggested that the LOV members who are performing should be comped, too, as a small way to thank them. (Note: at non-catered dinners, people who prepare and serve the meal pay half price.) Judy made a motion that all performers are comped for their meal. Sandra seconded the motion. *Motion passed unanimously.*

ADJOURNMENT: The next social will be May 18th. The next board meeting will be June 19th. The next lodge meeting will be June 10th.

There were 14 members present and the lodge meeting was adjourned at 7:45.

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

Minutes of the Lodge of Valhall Meeting

May 13, 2019

CALL TO ORDER: President Maury Lee called the meeting to order at 7:07.

APPROVAL OF MINUTES: The minutes for the April lodge meeting were accepted as printed in the April Valhall Viking, #3.

CORRESPONDENCE: Janet Weber received a thank you from the University of Washington in Seattle for the Norwegian books that she donated, on behalf of the lodge, to their library. The university has a Scandinavian Studies department, and were happy to receive the books.

COMMITTEE AND DIRECTOR REPORTS:

Social: (1) Judy reported that there will be good food and entertainment at the social on May 18th. The Ladies of Valhall will present a readers theater skit. She reminded everyone to bring their own wine and beer. (2) She also reported that the June social will be on the 22nd, and not on the 15th, because that is when the Jonsok event is (combined event with Vista and Temecula lodges). We'll play a White Elephant Bingo at the social.

Cultural: Myla will have some kind of craft for the kids at the next social, and she will put the directions for last month's activity in the newsletter.

Newsletter: Steve pointed out that the bylaws in their entirety were printed in the May newsletter. He reminded everyone that the due date for submissions to the next newsletter is on May 23rd.

Website: Steve reminded everyone

that they can check the website for the dates of upcoming events and meetings. (For example, the next lodge board meeting is on June 19th.)

Historian: Sandra reported that she has referred to the lodge history that is on the website, and is using that as a starting point for developing a chronology. There are some holes in the history, but she will review old newsletters, etc., to fill in where she can. She is also going to edit the current history and update it on the website.

So far she has found very little information from before 2000. Aprell has some old newsletters and she will share them with Sandra. Janet W. pointed out that there are some bins in the storage unit that have photo albums. There are also old fashioned record books with handwritten notes.

Corporation: The committee proposes that we give \$50.00 to the Norseman Lodge of Thousand Oaks in honor of their 50th anniversary. Steve Rawlinson moved that we do so, and Erik Nielsen seconded the motion. *Motion passed unanimously.* It was pointed out that Valhall Lodge was the establishing lodge for Norseman. Note: the gift comes from the lodge, not the corporation.

OLD BUSINESS

Bylaws: In accordance with Sons of Norway's rules, Janet W. read the bylaws aloud in their entirety. Passage of the bylaws will be put to a vote at the next meeting. Phil asked whether only those who heard the bylaws read could vote on them. The answer is no. Anyone

attending the next meeting can vote.

FINANCIAL REPORTS:

(1) Aprell presented the Financial report. Since Millie was absent, no Treasurer's report was given.

(2) Maury reported that the lodge will receive an additional \$3600 from the Don Lesney estate gift.

REMARKS FOR THE GOOD OF THE ORDER:

Attendance: Sandra started a discussion about what can be done to get more people to come to the meetings. She wondered if there were any kind of incentives or small gifts that could be offered on a regular basis. Judy remarked that the lodge used to have a 50/50 drawing. Phil cautioned that the state laws have tightened and that 50/50 raffles are no longer allowed. Judy suggested that we have a drawing for a complimentary meal at an upcoming social. Erik suggested that we all give some thought to the matter and talk about it further at the next meeting. Aprell said that we could watch DVDs 30 minutes before the meeting. Erik said he has thousands of slides of Norway that he could show. Judy suggested that we could try having something like Erik showing slides before the June lodge meeting. Maury said we would have to get a projector. Janet C. said she had one the lodge could borrow. No motions were made or votes taken to officially change the starting time of the meetings.

Meal Comps: Judy pointed out
(Continued on page 9)

LOV Notes

May 2019

LOV Notes May 2019

Next meeting: 9:00a.m. June 1, 2019

Hostesses: Thelma Johannesen and Tam Stautland

Our Cultural Committee is still going strong. Ragnhild shared a song with us, “Blåveispik” and had us sing it with her. Fortunately, she handed out copies of the song that included the Norwegian verses and English translations. I think we have a bit of work to do before doing any type of performance, although we do have some LOV members with beautiful voices. Ragnhild made me the keeper of the copies of the song for future use.

May – The Hostesses were just as creative with the door prizes and candy for the May meeting as the prior Hostesses. Arlene provided the beautiful Rose/Carnation arrangements and Judy provided the packet of homemade molded candy along with M&M chocolate/caramel eggs. The candies were all in Norwegian colors.



Once again, I was a recipient of one of the door prizes and everyone received the candies. I could get used to this!



Myla recruited Susan, Jean, and me to join her in preparing a program to present at the Syttende Mai social on May 18, 2019. The program is a reading/skit About “Ja, vi elsker” Norway’s National Anthem. The cast consisted of a Narrator, Susan Cody and three kings: (1) King Harald “Fairhair” Hårfagre, Myla Coleman, (2) Olav “the Holy” Haraldsson, Millie Wright and (3) King Sverre, Jean Shogren.

Hopefully we can get audience participation in singing the verses to “Ja, vi elsker”.

We didn’t have much time to practice together since I headed to Hawaii for my granddaughter’s graduation from the University of Hawaii Hilo. We’ll have to see what our Cultural Director, Myla has in store for our next project!!!!

Next month will be our last LOV meeting for the summer, but that doesn’t mean we don’t have anything going on. The LOV Book Club will meet on July 6th and August 3rd at 9:00 a.m. at the House of Norway. If you are interested in knitting, crocheting, chatting etc. the Knitting Club meets the 2nd Thursday of every month at the House of Norway at 10:00 a.m. (I think that time is correct).

We also have members that can’t make it to our LOV, Lodge meetings or the socials. Olaud “Chris” Lelevier and Joyce Oen are two that come to mind. I am sure they would appreciate phone calls, cards or even visits from LOV/Valhall members. Joyce’s information is in the 2019 Membership Directory. Olaud’s information is not in the directory, and may not be a member at this time but she had been a long time, active member. Susan Cody was able to contact Olaud by phone and indicated that Olaud would like to have members visit. She still lives at her home in Potrero, CA with family.

Happy Syttende Mai to all,

Millie
President, LOV

Minutes of the Ladies of Valhall Meeting

May 4, 2019

Denny's Restaurant, Fletcher Hills
Hostesses: Arlene LaBree and Judy Sawyer

16 people attended. We welcomed returning Beda Johnson.

The meeting was called to order at 9:08 am by President Millie Wright.

Secretary Myla Coleman read the minutes of the April meeting as requested. Sandra Yeaman moved and Dale Roybal seconded that the report be accepted as presented. The motion carried.

Treasurer Amelia Seeto-Murguia presented the Treasurer's Report for April. There was no activity. Sandra moved and Arlene seconded to accept the report as presented. The motion carried.

Committee Reports

Sunshine Committee – Millie reported for Barbara that Barbara is sending a card to Thelma for upcoming surgery and we're sending a card to Joyce Oen just because.

Christmas Party – planning to meet soon.

Christmas Stockings – Susan checked prices for items from Vesterheim and Little Viking, didn't find anything affordable.

Old Business

Lille Butikken crafts– Proposal to create crafting kits to sell, e.g. yarn and pattern for doll, etc.

Millie requested RSVPs for the upcoming lodge social on May 18. Myla reported skit for the Syttende Mai dinner is in production.

New Business

Millie asked for new business. Sandra, as Historian for the lodge, created a timeline from sources by previous historians. For now, it includes meeting places and people, more info to be added. She passed copies to ask for input to fill in blanks.

Cultural/Program

Cultural Committee – Tam reported that the House is reserved for morning of 7/6 and 8/3 and suggested books for summer book club: "The Line Follows a River" by Francisco Cantu, "This Chair Rocks" by Aston Applewhite. Sandra suggested "Bear Mountain" by Fredrik Backman.

Program - Ragnhild and Susan taught us a song in Norwegian: Blåveispik, the sweet story of a cute little girl picking blue anemones, the first flower of Spring. FYI, some TV shows featuring Norway: "Chasing Life" on CNN and Modus on PBS.

Program - Member History Project. Sandra invited us to read any pieces that we wrote in response to the latest prompt "How did you learn about the value of money?" or to share verbally. Living within a tight budget was a common theme, needing to save up to buy things, but Helen grew up on a farm where cash was almost non-existent as they grew their food and traded with others. The power of money was another theme: how people control others, including bribing children with trip to movie so parents can have alone time. New prompt: When you were a child, what did you want to be or think you would be as an adult?

For the Good of the Order

Susan connected by phone with Olaud Lelevier, still living on the family compound. She invites members to visit. Barbara will send her a card.

Judy Sawyer had details for the Social and shared some trivia about 17 Mai. Susan invited us to attend her cooking lesson on the morning of the Social, making open-faced sandwiches to be served at the dinner. Peggy thanked Barbara for sending Sunshine to our members.

We sang Happy Birthday to members with May birthdays: Dale (her birthday was today, May 4), Amelia, Arnette, Arlene (her mom was born 5/17/1905, day of dissolution of the union with Sweden)

We sang Happy Anniversary to Amelia and Dave – 6 years!

Winners of the drawing for table decorations, red roses and white carnations in glass vase: Tam, Dale, Ragnhild, Peggy, Susan, Barbara, Millie

Next meeting will be at Denny's on June 1, 2019 at 9:00am; hostesses will be Tam and Thelma

The meeting adjourned at 10:52 am.

Respectfully submitted,

Myla Coleman
Secretary

Minutes of the Lodge Board Meeting

April 17, 2019

CALL TO ORDER: President Maury Lee called the meeting to order at 7:00. There were 7 board members present; they are listed at the end of the minutes.

COMMITTEE AND DIRECTOR REPORTS:

Treasurer: Millie read the Treasurer's report.

Social:

- (1) Judy reported that 44 people have RSVP'd for the upcoming social.
- (2) A few members have birthdays very near the social's date so Judy will make sure that this is announced and that everyone sings Happy Birthday.
- (3) Susan will hold a cooking class on the morning of the social. The class will be making Kringla cookies and rhubarb compotes.
- (4) Janet C. volunteered to make the cake for the May 17th social.

Historian:

Sandra asked if there is already a history written that she could add to. (There is. It's on the website.) She also asked about adding pictures. Steve will give her access to WordPress so that she can add pictures and text.

Newsletter:

Steve reported that he is still being asked about we continue to print the newsletters when they are available online. He has reviewed all the options, and has concluded that we would not save any money by not printing and mailing them. Aprell stated that she sends the printed newsletters to new members, and has saved many years' worth of them. They are also on display at the House of Norway. Steve also reported that because he gets information from so

many different sources (the district, etc.) the newsletter needs to remain at 16 pages.

NEW BUSINESS

Date Conflict: Judy pointed out that our June social is on the 15th, the same date as the Jonsok celebration (combined event with the Vista and Temecula lodges). She said that this is the first year that we've had a social in June-- we usually just have a meeting. She suggested that we move the social to the following Saturday, the 22nd.

This conversation brought up the realization that the new board will have to locate the rental contract. Steve will look to see if it's in the notebook that he received at the beginning of his term.

Grants/Programs: Maury pointed out that there is a possibility to get reimbursements or grants from District 6 for putting on events. They might help with the Jonsok event. He wonders what we might do for our lodge. For example, Vesterheim has many teachers. Might we bring one of them out to conduct a class here?

Or, he suggests that we look into getting a projector and DVD player so that we can show movies and have presentations. He'd like us to think about ways that we can create energy in the lodge and bring in young people.

We also should look into creating an Instagram account. The presenter at a recent Norwegian American Chamber of Commerce event said that Instagram is the best social media vehicle for

reaching young people.

Upcoming Craft Activity:

Myla showed her lovely altered book; it's the craft that she'll be offering at the social.

Coffee Pots: Judy said that she can't keep up with the coffee needs using the current pots. (This is a Norwegian group, after all.) She would like to buy two more 12-cup coffee makers. The group unanimously agreed that she would purchase the ones that she thinks would work the best.

The board meeting was attended by: Millie Wright, Myla Coleman, Maury Lee, Steve Rawlinson, Sandra Yeaman, Judy Sawyer, and Janet Coulon

The board meeting adjourned at 8:15. The next lodge meeting will be May 13th, and the next social will be on May 18, 2019.

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

From Your Cultural Director



Altered Book Craft

The Internet has a plethora of ways to use unwanted books, the altered book. Old books can be used to create memory books, trinket boxes or pieces of art. One note, when you use an old book, it's not an archival way to save precious photos so you may want to use photo copies.

Since the Lodge no longer has the storage area to keep a library, Janet Weber has been offering books to the members at our Social and Lodge meetings. You may want to see if one or more of them could come to live with you...and perhaps one will inspire you to create an altered book masterpiece.

This photo shows a memory book that I created from an old science of music

textbook. It inspired me to think of what music has meant to me during the various phases of my life so you'll see that I created different pages by cutting photos and text. On the right, the back bunch of pages were glued together, wrapped with scrapbook paper and formed into a shadow box for special objects.

Hip hurrah for Norge!

The enthusiasm was high at our Syttennde Mai Social this year. Thanks to the always inspiring voices of the Mannskor for the evening's musical entertainment. I appreciate the variety of song styles, from Norwegian classics to sea shanties to Irish ballads, in a variety of languages. What a talented group!

I've received nice feedback for our Ladies of Valhall Readers Theater presentation: a skit from the Sons of Norway Cultural Resource page, a brief look at the creation of Norway's national anthem, "Ja, vi elsker dette landet" by Bjørnstjerne Bjørnson. It explains the history and creation of the song, leading us verse by verse to understand a bit about the author and the historical events mentioned in the song. Susan led the action as our narrator and song leader, while the rest of us played historical figures with gusto: Jean as Harald Hårfagre, Millie as St. Olav and me as King Sverre.

Hope to see you at our next Social where we will practice our language skills by playing Bingo in Norwegian.

Hilsen, Myla

“I think it's important to keep in mind that each person has an opportunity - every day - to influence both our own and others' sense of value and joy of life.

Because every one of us matters.

To those who think no one cares about what I do from or to, I would say: Just *your* smile can make a difference to a person you meet on the street. Just *your* kind word can create a better day for another. And just *your* thoughtfulness can trigger new positive actions.”

— His Majesty King Harald's speech New Year's Eve 2018.

Dear District Six Members,

Today is May 17. In this day Norwegians celebrate Norwegian Consitution Day, better known as Syttende Mai. Many of you are having Syttende Mai Celebrations at your lodges and in your communities. Some of you have already started the celebration and others will continue the celebration throughout the month of May. There are celebrations across our district from the front range in Colorado, to the Peace Park in Salt Lake City, to Arizona , Southern Nevada and celebrations throughout the length of California. I am sure you can find fraternal family members to celebrate with. Use these celebrations to educate our communities about the rich history and culture of Norway.

I hope you all enjoy these celebrations with your fraternal families.

Sincerely,

Luella

Luella Grangaard
President District Six
Sons of Norway



Valhall Viking
Published Monthly by
SONS OF NORWAY
(Valhall Lodge) 6-25

Stephen Rawlinson, Editor
3202 Mohican Ave.
San Diego, CA 92117-6250

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JUNE/JULY 2019

CALENDAR

June

1 Sat 9 AM LOV Meeting
10 Mon 7 PM Lodge Meeting
15 Sat 1 PM Jonsok at
Norway Hall, Vista
19 Wed 7 PM Board Meeting
22 Sat 5 PM Ice Cream/Picnic Social

Next newsletter is the
August issue

Deadline for the
August Valhall Viking
is July 23, 2019

E-Mail articles to
Steve Rawlinson at:

editor@lodgeofvalhall.com