



# 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

Mar. 2: Ladies of Valhall Meeting  
Mar. 11: Lodge Meeting  
Mar. 16: Anniversary Salmon  
Social

Feb. 23: Newsletter Deadline

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

<https://lodgeofvalhall.com>

## Message from the President

We had a great start for our new year. In January, we had the District Secretary, Nancy Madson, and her husband Rex come down to install our officers. That was followed by an excellent catered dinner. In February, we had a delicious Lapskaus stew dinner. This month we will have our catered Anniversary Salmon Dinner. You won't want to miss that one.

The International Headquarters have set goals for 2019 for new lodge members, annuity premiums,

## Message from the President (continued)

life insurance premiums, new insurance members, and foundation funds raised.

If you know anybody with an interest in Norwegian culture, by all means bring him/her to a lodge meeting or a social and see if we can get that person to join. If you want to discuss your life insurance needs or think



you might want to have an annuity, be sure to discuss it with Jim Donovan, our Financial Benefits Counselor.

We are still looking for a Vice President. The job calls for leading lodge recruitment efforts and strategies while helping to develop programming that encourages member retention. Please talk to me about this if you are interested.

Check the ANNOUNCEMENTS page on our website for up-to-date information about lodge and district activities. There are separate camp programs at Camp Norge this summer for young people, teenagers, and adults.

Some members have been concerned about the cost of printing and mailing newsletters. They wondered why we continue to send newsletters to all members including those who can read it on our website. The Editor has run the numbers and has his analysis on Page 8. He will be asking the board to consider what should be done with this information going forward.

Vennlig hilsen, Maury Lee  
[president@lodgeofvalhall.com](mailto:president@lodgeofvalhall.com)

## Valhall's 107<sup>th</sup> Anniversary and Salmon Dinner

Saturday March 16, 2019

Social Hour 4:30

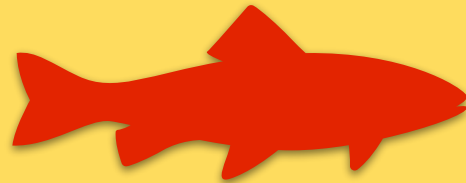
Dinner 5:30

### Menu

Fiskesuppe (Fish Soup)

Valg av (Choice of):

- Laksfilet (Salmon Filet)
- Kjøttboller (Meatballs)
- Halv og halv (Half and half)



Poteter med Parisille (Potatoes with Parsley)

Grønnsaker og brød (Vegetables and Bread)

Norsk Agurksalat (Norwegian Cucumber Salad)

Dessert (Dessert)

Kaffe eller Te (Coffee or Tea)

Adults - \$20.00 (when pre registered), \$25.00 at Door  
Members' Children/Grandchildren 15 and under - FREE  
Full time Student Members of Valhall under 25 - FREE

Reservation cut off: March 13, 2019

When making Reservation, please give name, number attending, your phone number, and meat choice (as listed above).

Also, number of any children who qualify to eat for FREE.

RSVP: [rsvp@lodgeofvalhall.com](mailto:rsvp@lodgeofvalhall.com)  
or 619-443-0942, but please use e-mail if you can

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

**Please see Page 13 for information on March Cooking Class featuring Kransekake.**

Lodge Officers	
President	Maury Lee
Vice President	VACANT
Secretary	Janet Coulon
Assistant Secretary	Janet Weber
Financial Secretary	Aprill Bigler
Treasurer	Millie Wright
Social Director	Judy Sawyer
Assistant 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	Aprill 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

Some officers have forwarding e-mail addresses. The officers with their e-mail addresses (if applicable) are listed on the OFFICERS page of our website:

<https://lodgeofvalhall.com/members/officers/>

### 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](https://sofn6.org) -> RESOURCES -> DISTRIBUTION LISTS.

<https://lodgeofvalhall.com> has a link to the latest issue in the sidebar.





Happy Birthday  
Gstulerer Med Dagen!



## March Birthdays

- 1 Wilma Springer
- 8 Jenna Hausvik
- 8 Petra McGeary
- 19 Almon Coover
- 20 Michael Daasnes
- 21 Joyce Oen
- 24 Rodney Dahl

## Myrtle Whitworth's Cole Slaw

Shred or Dice 1 Head Cabbage  
 Chop 1 bunch Green onions (or more to taste)  
 Sauce (can use ratio for larger quantities)  
 2 Parts Sour Cream  
 1 Part Apple Cider Vinegar  
 1 Part Sugar  
 Mix ahead of time to blend...add to Cabbage  
 close to serving time

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

You can see **photos** of people at recent socials by visiting to our website, <https://lodgeofvalhall.com>, and selecting the tab that says, "PHOTOS".

We do have some photos this month on pages 13-15.

## Camp Norge News

On the next page is a flyer announcing a request for volunteers for a work party on March 30-31, 2019. All ages and levels of work capacity are welcome to help out. Free meals and lodging will be provided.

This is the **60th anniversary of Camp Norge**. Watch for news and announcements about their celebration.

Northern California Kretsstevne will start with a **Gala Banquet on August 31, 2019**. Check their website, <https://www.campnorge.org>, for details. (Not posted yet at the time that this was written, but hopefully will be there soon.)

The 68th Rosemaling Seminar at Camp Norge is coming April 27-29, 2019. The flyer and registration can be seen or downloaded at <https://www.campnorge.org/site/rosemaling/>

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>

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

**James Donovan, your Financial Benefits Counselor, 760-440-9905, [jdonovaninsure@gmail.com](mailto:jdonovaninsure@gmail.com)**



# We Need You!

Join us at Camp Norge for the next Work Party Weekend.

**Saturday and Sunday, March 30/31, 2019.**

We are inviting hard working\* volunteers for a fun weekend of teamwork to help get our buildings and grounds ready for a busy summer season.

Projects include: landscaping, light painting, window washing, light repair work, kitchen cleanup, dusting, raking and sweeping, etc.

Even better, meals and lodging are **FREE!**

Lunch & Dinner on Saturday and Breakfast on Sunday  
are provided for all volunteers.

Please contact Susan Winje today to reserve your room:  
(530) 389-2508 or [susan.winje@campnorge.org](mailto:susan.winje@campnorge.org).



## WORK PARTY WEEKEND

\* We realize everyone works at a different pace and energy level. We have projects for every age and work capacity. Join 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>

## Norwegian Cooking

Susan Cody is teaching Norwegian Cooking at the lodge hall kitchen on the 3rd Saturday of the month. Classes run from 10:00 - 11:30 AM. They take place on days that the lodge has a social. No charge for members of the Lodge; others pay \$10. Contact Susan Cody at [happychef5@cox.net](mailto:happychef5@cox.net) for details and to enroll.

Please see page 13 for more information.

Newsletter editor: Steve Rawlinson

[editor@lodgeofvalhall.com](mailto:editor@lodgeofvalhall.com)

## CAMP OLDFJELL

Folkehøgskule for Voksne (Folk School for Adults)

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

Location: Camp Norge

Details: Pages 2-3 of District Six Dec 2018 Cultural

Newsletter: <https://sofn6.org/wp-content/uploads/2018/cutural/Cultural-Newsletter-2018-12.pdf>

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

Tamara Stautland

Congratulations!

Valhall Lodge 6-025 ~ Sons of Norway

**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/FolkehoegskuleTrollfjell2019.jpg>

## The Economics of Printing and Mailing Newsletters

Members have asked why everybody receives a printed and mailed copy of the newsletter when we already have a beautiful in-color version on our website. It seems that if we identified only people who do not have internet access to receive the printed newsletters, we could save money. We did a survey of people with e-mail in late 2016 and received 23 replies (out of about 150 members) opting out of receiving the printed letter. Perhaps a sizable number of people were not motivated to reply. Reducing from 150 to 127 does not save any money, as will be explained below. In addition to covering 150 members, we print 50 copies to leave in the House of Norway in order to promote our lodge.

Mailing 200 newsletters qualifies for a bulk rate. Mailing fewer than 200 newsletters is much more expensive per newsletter. It costs more to mail 30 newsletters than to mail 200.

Your editor has been talking to two printers to figure out how we can save on costs. We have been using Printer A for a while. This printer is located 28 miles from the Editor's home. This is OK as long as the Editor does not have to go to their office. As long as all newsletters are mailed out, that would remain true. If a batch of newsletters were to be picked up by the Editor and taken to House of Norway, that would not be palatable to the Editor. Printer B is located just a mile away from the Editor's home. The drive to that location is acceptable to the Editor.

Printer A has a large setup fee to print and does not charge much for the actual printing. It would cost about as much to have Printer A print 20 newsletters as it does to have him print 200. Printer B has more of a sliding scale. She charges more per newsletter for 0-99 printed sides, and reduces her price as additional pages get printed.

In the table below, we have considered 5 scenarios. You will see that Printer A is cheaper than Printer B if we print and mail 200 newsletters, but Printer B does offer some savings if we reduce the printing and mailing.

**Scenario 1:** Print and mail 200 newsletters using Printer A.

**Scenario 2:** Print and mail 200 newsletters using Printer B.

**Scenario 3:** Print 100 and mail 50. Hand carry 50 newsletters to House of Norway. Use Printer B.

**Scenario 4:** Print 75 and mail 25. Hand carry 50 newsletters to House of Norway. Use Printer B.

**Scenario 5:** Print 75 and don't mail any. Hand carry 50 newsletters to House of Norway and bring the others to lodge meetings for members to pick up. Use Printer B.

Analysis of Printing and Mailing Costs

Scenario	1	2	3	4	5
Printer	A	B	B	B	B
Number of Copies	200	200	100	75	75
Number mailed	200	200	50	25	0
Data Processing Charge	49.66				
Printing Setup	180.56	15.00	15.00	15.00	15.00
Number of pages in each newsletter	16	16	16	16	16
Number of sheet sides in each newsletter		8	8	8	8
Total number of sheet sides		1600	800	600	600
Printing cost / sheet side		0.20	0.21	0.21	0.21
Total printing cost		320.00	168.00	126.00	126.00
Postage per newsletter mailed			2.00	2.00	2.00
Tabs per newsletter mailed			0.03	0.03	0.03
Total mailing cost	59.44	59.44	101.50	50.75	0.00
Subtotal	289.66	394.44	284.50	191.75	141.00
Tax	11.28	24.00	12.60	9.45	9.45
Grand total	300.94	418.44	297.10	201.20	150.45

# Minutes of the Lodge of Valhall Meeting

## February 11, 2019

**CALL TO ORDER:** President Maury Lee called the meeting to order at 7:50. Before the start of the meeting, Judy Immell, District 6 Cultural Director, gave a presentation on Norwegian textiles, based on a recent trip to several sites in Norway.

### **DRAPING OF THE CHARTER:**

The Charter was draped for James Seiler, 92, husband of Helen Seiler, and father of Dean Seiler. James, an active member of the lodge since 2001, passed away on January 10, 2019. Maury read his obituary. Our sincere condolences are extended to Helen and Dean and the Seiler family. He will be greatly missed.

**APPROVAL OF MINUTES:** The minutes for the December lodge meeting were accepted as printed in the December Valhall Viking, #10.

There was one visitor: Judy Immell.

### **COMMITTEE AND DIRECTOR REPORTS:**

**Social:** Judy Sawyer reported that the Installation dinner was a success and that the next social on February 16 would be the Lapskaus dinner.

**Cultural:** Sandra Yeaman reported that she has been speaking with the new Cultural Director, Myla Coleman, about activities she has enjoyed in other organizations. Sandra also reported that she has been working on finding someone to give performances on the Hardanger fiddle. (The House of Norway has a new member who is a violinist, and has offered to play occasionally at the House. He has borrowed the House's Hardanger

fiddle to practice during the week.) Sandra has reached out to Rachel Nesvig, President of the American Hardanger Fiddle Association, to see if she would be interested in performing at the various May 17th activities taking place this year. (House of Norway's Syttende Mai Lawn Program and the Sons of Norway's social) Sandra wondered how much money the lodge would be willing to pay for both her performance and travel expenses from her home in Seattle. (See **Financial Report**, below, for the motion and vote on this topic.)

**Publicity:** Susan Cody is collecting information from local papers to ascertain how to publicize our events and other information about the lodge. Her challenge is that there is a great deal of lead time, and she has to be able to give them information far in advance.

**Sports:** Ellen Spitzer will continue to be the Sports Director when she returns from a recent surgery. In the meantime, people who have recorded progress toward a sports medal can send her the information via email.

**Corporation:** The Corporation has met and has elected this year's officers. Allen is still President and Andy Ueland is Vice President.

### **NEW BUSINESS:**

Else Ottesen reported that this year's San Diego Brain Injury Foundation's annual walk will be held on March 30th. Sven Olsen has been organizing the lodge's

participation in this event in years past. If he does not want to continue, Else will organize it in his place. She offered to look into how to set up a team on the foundation's website and will provide information on how to register in the next newsletter.

### **FINANCIAL REPORTS:**

Aprell Bigler presented the financial report and the treasurer's report in Millie Wright's absence. The funds gifted to us from the Lesney Estate have been deposited into our savings account. Millie will present the proposed budget at the next meeting on March 11.

After the reports were presented Sandra asked if there was any interest in making a motion so that Myla could make an offer to Rachel. Sandra recalled that there is money set aside for Cultural Programming in the proposed budget. Maury Lee said there may be some interest at the House of Norway to share some of the cost.

**Motion:** Jim Adams made a motion that Myla be given the authority to offer Rachel up to \$600.00 for travel expenses and a performance fee, cost to be shared with the House of Norway. Susan Cody seconded. *Motion carried.*

### **REMARKS FOR THE GOOD OF THE ORDER:**

Susan reported that there is a lot of snow at Camp Norge!

Maury reminded everyone that the Norwegian Frokost and Informational Seminar will be held

1.



## Lodge of Valhall Meeting Minutes (continued) Feb. 11, 2019

February 23rd in Palm Desert. The seminar is free, but RSVPs are required.

Maury also invited everyone to the Festival of Fastelavn to be held at the House of Norway on February 24. The House Queen and Princesses will be hosting. Money raised will be donated to Rady's Children's Hospital.

**ADJOURNMENT:** The next social will be February 16. The next lodge meeting will be on March 11th.

There were 24 members present and lodge meeting was adjourned at 8:20 PM.

Respectfully submitted by:  
Janet Kylstad Coulon  
Secretary

A wonderful article on Norwegian Stockfish describes how lutefisk got started and how Nigerians are eating more and more Stockfish while fewer and fewer Norwegians are eating lutefisk.

Did the Swedes get the Norwegians to eat lutefisk as an attempt to poison them with lye?

[https://www.atlasobscura.com/articles/where-to-find-lutefisk?utm\\_source=share\\_by\\_email&utm\\_medium=email&utm\\_campaign=mailto\\_share](https://www.atlasobscura.com/articles/where-to-find-lutefisk?utm_source=share_by_email&utm_medium=email&utm_campaign=mailto_share)

## LOV Notes February 2019

Next meeting: 9:00a.m. March 2, 2019

Hostesses: Dale Roybal & Sandra Yeaman

First off, I would like to thank Myla Coleman for presiding over LOV for the past two years, she set the bar high for those of us who come after her.

This year LOV is off to a very good start:

- By the end of the February meeting the Hostess Sign Up sheet was completely filled in. I have provided a copy of the completed sign up sheet to be included in the Website LOV page at <https://lodgeofvalhall.com/ladies-of-valhall/>
- Instead of individual Chairpersons for LOVs Lille Butikken, Christmas Party and Christmas Stocking projects, I requested volunteers for committees. I am pleased to say that at the February meeting LOV members stepped up and volunteered to be on these committees. Now the work can begin.  
Tusen takk:  
Denise, Amelia and Sandra – Lille Butikken;  
Arlene and Barbara - LOV Christmas Party;  
Susan - Christmas Stockings  
(There is still room on the committees for more volunteers.)
- The Cultural committee (Tam and Anne with input from Ragnhild and Programs by Sandra) and the Sunshine committee (Barbara) continue to be an important part of LOV.

A favorite project of mine is trying to learn to speak Norwegian so Anne and Tam took this suggestion to heart and it will be part of the Cultural element at our meetings. This month we learned about LOVE and the differences between English and Norwegian usage and when and why to use elsker vs. glad. I am looking forward to learning more usable Norwegian phrases.

Sandra will continue to encourage all of us to get our writing juices flowing by suggesting topics to write about and presenting them during the cultural segment of the meeting.

LOV is not just about attending a meeting once a month, its also about friendship and camaraderie, for instance Anna Høidal invited all of the Ladies of Valhall to celebrate her birthday as well as to meet and/or reconnect with her sister Elsa. It was a wonderful event, those who did not RSVP missed a good time.

Now, I would personally like to invite all Valhall Lodge ladies to join LOV. We have a lot of laughs, a lot of laughs, learn more about each other and even get some work done! Best of all, there are no dues, you just attend three LOV meetings and on the third attendance you receive an LOV pin and become an official member.

Med vennling Hilsen,

Millie



# Minutes of the Valhall Corporation Meeting

## February 11, 2019

The regular February meeting of Valhall Sons of Norway Inc. Board was held prior to the February meeting of Valhall lodge No 6-025. It was called to order by President Allen Johannesen at 6:34PM.

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

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

The Treasurer reports, 3<sup>rd</sup> and 4<sup>th</sup> quarter of 2018, were reviewed and discussed. It was moved, seconded and passed to accept the treasurer reports.

Unfinished Business: Torrey Pines Bank signature records to be updated.

Old board directors, Sigurd Stautland and Rick Hausvik, will be removed from Torrey Pines Bank signature records and new board members, Andreas Ueland and Steve Rawlinson, will be added to the Torrey Pine Bank signature records.

### New Business:

The elections of Corporation Officers of 2019 were held and the results are as follows:

President:	Allen Johannesen
Vice President:	Andreas Ueland
Treasurer:	Steve Rawlinson
Secretary:	Aprell Bigler

### Good of the Order:

IRS 990-N for the year 2018 has been completed.

The meeting was adjourned at 6:59PM.

The next regular meeting of the Valhall Sons of Norway Inc. Board will be on May 13, 2019 at 6:30PM, prior to the May Valhall lodge meeting.

Respectfully submitted,

Aprell Bigler, Secretary

# San Diego Brain Injury Foundation Walk

A team of Hiking Vikings has set a goal of raising \$500 at the SDBIF "Walk for Recovery". This event starts on Saturday, March 30, at 8 AM (gather at 8, start walking around 9) at 2740 DeAnza Rd., San Diego.

To register, go to <https://www.classy.org/event/2019-sdbif-surviveheadstrong-walk-for-recovery/e194152> and select "REGISTER" and then select "Join a team". The team to join is "The Hiking Vikings". You can register to give and walk, or you can register to give only. Please register with the Hiking Vikings so that we get credit for what we do.



# Minutes of the Ladies of Valhall Meeting

## February 2, 2019

Denny's Restaurant, Fletcher Hills

Hostesses: Helen Johnson and Jean Shogren

16 people attended including guests Elsa, Anne's sister visiting from Norway and Beda Johnson, invited by Sandra and Helen.

The meeting was called to order at 9:03 am by President Millie Wright.

Millie presented Myla with a thank you card and gift for service as President for the last two years.

Secretary Myla Coleman offered to read the minutes of the January meeting. Sandra and Barbara moved to dispense with the reading of the minutes and that the report be accepted as presented. The motion carried.

Treasurer Amelia Seeto-Murguia presented the Treasurer's Report for December. Barbara Evje moved and Millie Wright seconded to accept the report as presented. The motion carried.

### Committee Reports

Budget Committee – President Millie, Treasurer Amelia, Linda Rawlinson and Sandra Yeaman presented proposed budget for 2019. After some discussion, Helen moved and Sandra seconded that the budget be accepted as presented. The motion carried.

Sunshine Committee – Millie visited Joyce Oen at her new assisted living community in Vista. Sandra shared the link for information for caregivers [www.livewellsd.org](http://www.livewellsd.org)

Cultural Committee – Tam presented a new theme presented by Anne, short lessons to learn a bit of the Norwegian language. This month focused on ways to say I love you.

### Old Business

Sign- ups to host for 2019 breakfast meetings are filled. Millie had hard copies for everyone in attendance.

### New Business

Millie presented Denise Olson with her LOV pin as she has attended three meetings.

Lille Butikken – Committee formed with Sandra, Amelia, Denise.

Christmas Party Committee formed with Arlene, Barbara.

Christmas Stockings Committee – Susan

Program Member History Project – Sandra asked if everyone has received her emails re the project. She invited us to share any of our stories. Denise shared her solo trip to see Lady Gaga's concert, an inspirational message about daring to venture out on your own. Barbara shared about attending a long awaited concert experience that wasn't what she expected and Tam shared about an Elder Hostel cultural trip to San Antonio and sharing the hotel with female impersonators. Judy had a great story about her mom, the city girl who gave live baby chickens as a party favor at a USO Easter event, after giving them all a nice bath.

### For the Good of the Order

We sang Happy Birthday to Anne for her February birthday and Happy Anniversary to Thelma.

Next meeting will be at Denny's on March 2, 2019 at 9:00am; hostesses will be Dale Roybal and Sandra Yeaman.

Winners of the drawing for cross-stitched goodie bags with pewter ornament were: Millie, Elsa, Thelma, Sandra and Denise

The meeting adjourned at 10:56 am.

Respectfully submitted,

Myla Coleman  
Secretary



Above from left: Myla Coleman, Susan Cody, and Jean Shogren make lefse at Susan Cody's cooking class on February 16, 2019. Below: More activity making lefse in the same cooking class.



### MARCH NORWEGIAN COOKING CLASS

The cooking lesson for **March 16** will be **Kransekake**.

Please bring **Kransekake forms** if you have them. If you wish, please bring some prepared **Kransekake** dough (not required).

Valhall members free, non-members \$10.00

Please pre-register with Susan Cody: [happychef5@cox.net](mailto:happychef5@cox.net).

**Class is at the lodge hall at 10 AM.**





Anne Høidal (R) and her sister visiting from Norway at LOV



Millie Wright (L) and new member Denise Olson at LOV.



Anne Høidal with presentation for the day at LOV



Sandra Yeaman (R) with guest Beda Johnson at LOV



Myla Coleman with some gifts of appreciation at LOV



Door prizes at LOV





**Jim Adams at Lapskaus Social, 2/16/2019**



**Sven Olson at Lapskaus Social, 2/16/2019**



**Lewis Johnson at Lapskaus Social,  
2/16/2019**



**Millie Wright and Judy Sawyer's  
granddaughter at Lapskaus Social,  
2/16/2019**



**President Maury Lee presents 50-year  
membership award to Eldbjorg Backous**

**Valhall Viking**  
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**San Diego, CA 92117-6250**

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**DATED MATERIAL**

*Please Deliver Promptly*

*Valhall Viking*

**MARCH 2019**

## **CALENDAR**

### **March**

**2 Sat LOV Meeting**  
**11 Mon Lodge Meeting**  
**16 Sat Anniversary Salmon Social**

Next newsletter is the  
April issue

Deadline for the  
April Valhall Viking  
is March 23, 2019

E-Mail articles to  
Steve Rawlinson at:

[editor@lodgeofvalhall.com](mailto:editor@lodgeofvalhall.com)