



Valhall Viking



SONS of NORWAY

Celebrating **125** Years

1895-2020

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
La Mesa, CA 91942

<https://lodgeofvalhall.com/>

Schedule of Events

Nov 2 9:00 AM: Ladies of Valhall Meeting
Nov 11 7:00 PM: Corporation Meeting
Nov 16 3:30 PM: Lodge Meeting
Nov 16: 4:30 PM: Lutefisk Dinner
Nov 23: Newsletter Deadline

Ord fra presidenten

Dear Members,

I hope you were able to join us for Kretsstevne last month. It's always great to get outdoors and spend time with our Norwegian friends from nearby lodges.

We're be back in the lodge hall on November 16 with our lutefisk dinner! We also have meatballs, but I have eaten lutefisk ever since I was a boy. When I was growing up in Minnesota, we had lutefisk in late November or early December. The fish would smell so strong that we would open the windows to air out the house even though it was 30 degrees below zero outside!

Our lodge meetings are now on 3rd Saturdays along with our socials. However, we still have activities at the lodge hall on 2nd Mondays. On November 11, Susan Cody will have a cooking class making cookies and possibly also lefse.



The Corporation Board will have a meeting at the lodge hall on November 11.

Looking forward to the holidays coming up. Join us for lutefisk in November and Jultrefest in December.

Respektfullt, Maury D. Lee
President, Valhall Lodge 06-25

Change in Lodge Meeting Time in Nov.

In **November only**, the lodge meeting **will start at 3:30**. This is **an hour earlier than the usual start time**. The earlier meeting time accommodates the 3 seatings for the lutefisk dinner. The lodge meeting will revert back to 4:30 in December. Financial Benefits Counselors specialize in mitigating risk, so don't wait — call yours today.



Happy Birthday
Gratulerer Med Dagen!



Newsletter editor: Steve Rawlinson

editor@lodgeofvalhall.com

Tubfrim

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

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>

November Birthdays

3	Carol Amundson
7	Millie Wright
8	Shirley Ellingboe
12	Carmen Cleary
14	Philip Hinshaw
15	Sandra Yeaman
15	Rebecca Bourdage
15	Frank Burstrom
21	Audun Davik
21	Agnar Eike
25	Joyce Olsen
27	Laura Wendling

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

Annual Lutefisk Dinner



& Lille Butikken

Saturday, November 16, 2019



Lille Butikken and Bar open at 3:00 PM
Lodge Meeting starts at 3:30 PM
Dinner seatings at 4:30, 5:00, and 5:30 PM

MENU

Lutefisk and/or Meatballs, Potatoes, Vegetables
Bread and Butter
Coffee and Dessert
Beverages will be available with donation suggested

Cost \$20 if Pre-Registered by Nov 11
\$25 at the Door
Children/Grandchildren of Valhall Members FREE

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

When making a Reservation, please include:

- 1. Dinner Choice: LUTEFISK, MEATBALLS, or HALF/HALF**
- 2. Number of adults and number of children**
- 3. Preferred seating time**

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

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

Social Schedule for 2020

Lodge meetings and socials will take place on the 3rd Saturdays of the month starting at 4:30 PM, except for July, August, and October. Socials will start at 5:30 PM.

Month	Day	Social
January	18	Catered Dinner
February	15	Lapskaus Dinner
March	21	Anniversary Salmon Dinner
April	18	Spring Social Catered
May	16	Syttende Mai Dinner
June	20	Picnic and Ice Cream Sundaes Catered
July		No meeting or social. Summer break
August		No meeting or social. Summer break
September	19	Får i cål Dinner
October	17	No meeting or social. Kretsstevne instead
November	21	Lutefisk Dinner
December	19	Jultrefest Party

Photography Policy

We take photographs at lodge functions and publish them in our newsletter and on our website. We may identify you by name in the newsletter, but we do not identify anything or anybody on the Photos page of the website. (But keep in mind that the newsletters are posted on the web site, so the contents of the newsletters are visible anywhere on the internet.) **We respect your concerns for your privacy.** We respect any decision you may make to decline to be photographed or to request that your name not show along with the photograph. We respect your right to enforce your privacy. If somebody attempts to take a photo of you, please speak up if you are concerned about your privacy. We will usually ask you if it is OK with you to photograph you, but we do not guarantee that we will always do that.

It's Christmas Cookie Time!

Susan Cody is conducting cooking classes in November and December centered on making Christmas cookies. The classes will be making seven kinds of cookies.

The first class on **November 11** will be rosettes, krumkake, and fattigman cookies.

The class for December will cover strupsnitter, serina kaker, pepparkaker, and sandkaker.

Both classes will be from **6:30 - 8:30 PM at the lodge**. Please **call Susan to register**. If you have any baking equipment such as electric krumkake irons, rosette molds, and rolling pins, they will be greatly appreciated. Contact Susan at 619-922-3705 or happychef5@cox.net.

Correction to Previous Newsletter

The October newsletter was Issue Number 8 for the year. Unfortunately, it was published showing that it was Issue Number 7. The September issue was Issue Number 7. The Editor regrets the error.

Thorsen's Chinese Restaurant

A salesman who loved Chinese food visited a town that he had never been to before. While walking along Main St., he asked a passer-by if he could recommend an authentic Chinese restaurant. The passer-by told him to eat at Thorsen's Chinese Restaurant. The salesman was skeptical that a Chinese restaurant with a name like Thorsen could possibly be authentic. Nonetheless, he went to the restaurant to have lunch. He looked over the menu and found that the items were all authentic Shandong Chinese items. He ordered the Moo Shu Pork and found it to be excellent. After he finished eating, he asked the waiter if he could meet Thorsen. A man definitely of Chinese ancestry came over to his table and said, "I'm Thorsen. What may I do for you?" The salesman said, "How did you get a name like Thorsen?" Thorsen replied, "When I came to America, I had to stand in a line for immigrants, and I was behind a Norwegian named Sven Thorsen. The Immigration Officer interviewed Mr. Thorsen and processed his application to enter the United States. Then it was my turn. The Officer asked for my name. I said, 'Sam Ting'. He wrote down 'Sven Thorsen'. That has been my name ever since."

LOV Notes

November 2019

Next meeting: 9:00 AM, November 2, 2019
Hostesses: Barbara and Anita

LOV committee members are still pulling everything together for the November Lille Butikken and social, the LOV Christmas Luncheon as well as the Christmas stockings (bags etc.) for the December Valhall Lodge Christmas Potluck social.

Sandra is working on her hardanger cultural project and will be putting together “hardanger kits” (along with help from the Ladies) so interested parties can learn this skill.

Judy, Barbara and Arlene have done a bang-up job in planning for the LOV Christmas luncheon at Anthony’s in La Mesa. Ladies don’t forget to sign

up for the Luncheon on December 7th and send in your \$25 (no payments at the door). I’m looking forward to the “Dirty Santa” gift exchange – Ladies don’t be shy about stealing a gift you like from someone, that’s what makes it fun.

I’m also looking forward to Susan’s Christmas cookie classes where we will learn how to make 7 kinds of Norwegian Christmas cookies as well as maybe having another lefse making class in conjunction with the November Christmas cookie

class. Members as well as non-members are welcome.

Anne did not have a written Norwegian language class for us this month BUT she told us about her summer in Norway mostly in Norwegian and the Ladies had to translate her comments to English. Some of the words were easy to figure out and some were not. Fortunately, when she mistakenly spoke in English instead of Norwegian we did not have to translate her comments to Norwegian!!! It was a fun challenge. The weather in Norway apparently was warmer than other years which resulted in an abundance of garden crops as well as lots and lots of berries. Anne’s sister, Elsa was able to share her harvests with friends and neighbors. Fishing was also good in Norway this past summer. Tusen takk Anne.

The LOV meeting ended with an array of door prizes from the pretty flowering plants provided by Susan and Arletta to the Halloween themed gifts from Denise.

The next two months are going to be busy, but fun — the way it should be!

Ha det bra,

Millie Wright
President, LOV



Hardanger samples & instruction books



Anne admiring Thelma’s handknitted Nisse (it’s adorable)

LOV Notes (continued)

November 2019



Dale and Joyce with their flower prizes



Prizes provided by Denise who pulled numbers out of the basket



Anne telling LOV about her summer in Norway

Minutes of the Ladies of Valhall Meeting

October 5, 2019

Denny's Restaurant, Fletcher Hills

Hostesses: Susan, Arletta and Denise

Fifteen people attended. .
The meeting was called to order at 9:05 am by President Millie Wright

Millie asked if anyone wanted the Minutes of the September meeting to be read aloud as they were in the Lodge Newsletter. No one did. There were no corrections. The report was accepted.

Treasurer Amelia Seeto-Murguia presented the Treasurer's Report for September. No activity except the charge that is being disputed; AT&T is aware and needs to reverse the charge. Millie has received the packet from Vesterheim and will be receiving the magazines.

Old Business

Committee Reports

Sunshine Committee – Barbara suggested taking a photo of our LOV group to include with a card for Wilma and other members who cannot make it to the meetings. Janet has joined the Church Wilma attends. Visits to Olad (Chris) Lelevier and Joyce Olsen are on hold until after the holidays. We were all happy to see Joyce Oen at the October meeting; thanks Jason for getting her here.

Christmas Party — The LOV Christmas luncheon will be held at Anthony's in La Mesa on December 7, 2019, from 11:30 AM to 2:00 or 2:30 PM or so. There will be three entrees to choose from: 1) Grilled salmon and cod, 2) Fried fish and shrimp and 3) cobb salad as well as rice, coleslaw, salad and spumoni ice cream. Printed menus will be provided at each place setting. The cost is \$25 per person and must be paid in advance. Make checks out to LOV (payments can be made at the next LOV meeting on November 2nd or mailed to Barbara or Arlene). A gift exchange (i.e., "Dirty Santa") game will be held with a \$20 limit for gifts.

Christmas Stockings – No report.

Lille Butikken – Sandra brought samples of hardanger projects her mother completed along with hardanger pattern books. Hardanger kits need to be put together. Judy has hardanger supplies that can be used. Myla ordered lefse and gjetost last year and LOV decided to purchase some this year as well but maybe not as much. Millie is putting together a "Norwegian gift basket and would like to include lefse and gjetost. Susan will make the Kransekake. Millie will also store donations for the Lille Butikken. Thelma shared a female nisse she knitted.

Cultural Program for Lodge Socials – Denise volunteered to read Norwegian fairytales at Valhall Lodge socials TBD.

Susan will be holding 7-types of Norwegian Christmas Cookie baking classes on the 2nd Monday in November and December (and possibly lefse making on November 2nd), times to be determined.

New Business

Nominating Committee: The current LOV officers were contacted and all agreed to serve another year. The slate of officers will be presented at the November meeting to be voted on.

Millie passed the sign-ups for hosting LOV meetings in 2020 again.

Cultural/Program

Anne told us about her summer vacation in Norway in Norwegian and challenged the Ladies to interpret it in English. She also told about her sister Elsa's abundant garden and berry picking which she shared with friends and neighbors.

For the Good of the Order

Millie passed sign ups for the Lutefisk/Meatball social on November 16th. Seating time slots

4:30, 5:00, and 5:30 PM.

Linda and Myla have birthdays in October. There were no anniversaries.

Since Denise missed the change in hosting assignments, she joined Susan and Arletta as hostesses this month and provided a plethora of gifts along with the pretty flowers Susan and Arleta provided.

Recipients of the flowers were: Denise, Arlene, Judy, Millie, Barbara, Helen, Dale and Joyce. Everyone received a gift from Denise and selected a gift as their number was drawn.

Millie thanked Susan, Arletta and Denise for hosting.

Next meeting will be at Denny's on November 2, 2019 at 9:00am; hostesses will be Barbara and Anita.

The meeting adjourned at 10:55 am.

Respectfully submitted,

Denise Olson

Secretary Pro Tem

Transcribed by Millie Wright

From Your Cultural Director

Here's hoping you can join us for our upcoming Lutefisk dinner and Jultrefest! The food won't be the only draw as we have lots of fun activities in the works, including the usual crafts, camaraderie and special Norwegian holiday traditions.

Also in the works are programs for next year where the Ladies and I will collaborate AGAIN to bring more fun and learning to our dinners and meetings.

We will celebrate a special milestone: Sons of Norway has been supporting its membership for 125 years!

Thanks for the input...we have lots of ideas and will try to implement as many as possible.

God høst til alle!

Myla

Lille Butikken

New this year: kits for sale to learn the craft of Hardanger lace. Also, we have a limited supply of kits to sew your own, unique sock monkey who wears a boy's bunad vest and cap. Get them before they're gone!



Sock Monkey

Get Your Salmon from an ATM

Norwegian salmon can be purchased from ATMs in Singapore.

<https://www.norwegiansalmon.com.sg/>

An Interview with Linda Pederson

Fraternal Director Linda Pederson recently left Sons of Norway to move back to her hometown, Ålesund. Your curmudgeonly Editor once expressed disagreement with a SON request for us to lobby our Congressional Representatives about life insurance. Linda called him up the next day with a very courteous tone and drew out reasons why your Editor disagreed with the policy. The Editor was impressed with her professionalism in handling the situation. Your President found this interview to be very interesting and requested that it be incorporated in this newsletter. Here is a look back at her time with Sons of Norway, and what she's up to now.

How many years did you work with Sons of Norway and in which roles?

12 years total, first as a Marketing and PR admin, then Supervisor and later Manager of Fraternal Lodge and Membership Services, and then I was Fraternal Director for 9 years.

What drew you to Sons of Norway?

Loving all things Norwegian and wanting to promote Norway was the initial draw. I found out about the organization through my husband's grandfather—he'd been a lodge officer. Seeing his dedication to making a difference in the community, and the fellowship that he talked about, was what drew me to it.

I wanted to work in a place with purpose, with people who care about others and love Norway. It was like a home away from home.

This interview continues at <https://www.sofn.com/blog/an-interview-with-linda-pederson/>. SON will be lucky if her replacement does as good a job as she did.

Constitution and Charter

Going to the District Convention next year? Maybe you should download governing documents. <https://sofn.com> -> <login> -> Member Resources -> Lodge Leadership Resources -> Governance

You can get the Charter and Constitution and find out the procedure for writing resolutions and forming nominating committees.

Telemark Style Christmas Ornament

The tenth annual Sons of Norway Christmas Ornament marks a return to the traditional Telemark style. The classic earth tones used for this style of rosemaling reflect the pigments naturally available to early artisans near the southern coast of Norway. Blue, which was harder to come by, was used more sparingly as an accent color.

In honor of Sons of Norway's 125th Anniversary, this commemorative ornament will be available for both the 2019 and 2020 holiday seasons.

Shop at <https://sofn.logoshop.com/ProductDetails/?productId=552437458&imageId=37164126&tab=Tile&ProdSetIds=109764&referrerPage=ProductResults&refPgId=521358442&referrerModule=PRDREB>

New Officer Title: Webmaster

It's about time! Sons of Norway is adding a new lodge officer position to the roster for 2020: Webmaster.

The Webmaster is in charge of maintaining a lodge's website and/or social media accounts, such as Facebook, Twitter or Instagram. Focusing on keeping the lodge's online presence up-to-date, interesting and engaging, they serve as a pivotal member of the lodge's publicity team, along with the Editor and the Publicity Director.

Questions? Contact Membership services at 612-824-4643 or fraternal@sofn.com.

Traditional Grouse

Ingredients

4 pieces whole plucked grouse
0.44 lbs. mushrooms (feel free to mix some)
1 bunch asparagus
5 stems parsley
3 carrots
4 shallots
2 cloves garlic
1 1/2 cup heavy cream
1/3 cup olive oil
0.22 lbs. unsalted butter
2 Tbsp. brown sugar
3 Tbsp. tarragon vinegar
1 tuft fresh thyme
cornmeal
salt and fresh ground white pepper

Recipe

Step 1

Warm up an iron pot, put in some olive oil and garlic. Brown the grouse on all sides in the oil.

Step 2

Peel and dice the shallots and put them in the pot. Let the shallots get golden together with the grouse. Put the cream in and let the pot simmer with a lid for about an hour.

Step 3

While you are waiting for the grouse to finish, clean, peel and cut the vegetables in the size you want.

Step 4

Fry the mushrooms with olive oil and salt and pepper (to taste). Steam all other vegetables in well-salted water and cool them off in cold water when done.

Step 5

Brown the sugar in a pot and boil it with vinegar and some water.

Step 6

When the grouse are done, take them out of the pot. Strain the sauce from the grouse into the pot holding the vinegar and sugar. Stir some pieces of unsalted butter into the sauce and add salt and freshly ground white pepper (to taste).

Step 7

Put the grouse back into the sauce and let them warm up while you heat the vegetables and mushrooms in the other pot.

Serve on a platter with boiled potatoes.

From Old Norse to Modern English

Scandinavia's influence is visible in many ways throughout our Sons of Norway communities, from our sometimes-controversial culinary traditions to our hearty work ethic and mischievous sense of humor. But even in parts of North America without strong ties to Norwegian heritage, there is still one area where the Norse influence has made its way to the mainstream: the English language.



Historically speaking, languages like Latin, French and German get most of the credit for providing the origins of modern English—but Old Norse played an important role too, and it can still be seen today. The following are just a few of the many words inherited from the Vikings that we use every day:

axle – from *öxull* (axis)
 bug – from *búkr* (insect within tree trunks)
 blunder – from *blundrai* (to stumble blindly)
 bylaw – from *bylög* (village law)
 glitter – from *glitra* (to glitter)
 haggle – from *haggen* (to chop)
 happy – from *happ* (good fortune / fate / chance)
 likely – from *likligr* (likely)
 odd – from *oddi* (third number / casting vote)
 rotten – from *rotinn* (decayed)
 stammer – from *stemma* (to hinder / dam up)

thrift – from *þrift* (prosperity)
 Thursday – from *Þorsdagr* (Thor's day)
 ugly – from *uggligr* (repulsive)
 window – from *vindauga* ("wind eye")

The Birth of an industry: Skiing in the U.S.

Skiing has deep roots in Norway, where rock carvings of ancient skiers date back as far as 4000 BC. Originally used for transportation across snowy and mountainous terrain, skiing for recreation gained momentum in Norway in the 1800s with the onset of organized tours, clubs and competitions.

In 1872, Norwegian immigrants in New Hampshire started North America's first ski club. A few years later, a Norwegian immigrant



in Minnesota became North America's first ski manufacturer. But it was not until after World War II that recreational skiing became widely popularized in the United States.

The rapid growth of the U.S. ski industry after WWII was largely due to the 10th Mountain Division, a specialized U.S. military unit made up of elite skiers and mountaineers, including many Scandinavians. After fighting Nazis in the snowy mountains of Italy, veterans of the unit went on to teach skiing and establish dozens of ski areas in the U.S. Meanwhile, military surplus stores were flooded with low-cost skis, poles and boots, making the sport more accessible to newcomers than ever before.



You Never Stop Being Their Protector

Whether it's checking for the boogeyman under the bed or making sure they never go hungry, you are always there for them. Be sure you have life insurance in place to ensure their protection is never at risk.

Our Financial Benefits Counselors specialize in mitigating risk, so don't wait — call yours today.

Valhall Viking
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(Valhall Lodge) 6-25

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Please Deliver Promptly

Valhall Viking

NOVEMBER 2019

CALENDAR

October

2 Sat 9:00 AM LOV Meeting
11 Mon 7:00 PM Corporation Meeting
16 Sat 3:30 PM Lodge Meeting
16 Sat 4:30 PM Lutefisk Dinner

Next newsletter is the
December issue

Deadline for the
December Valhall Viking
is November 23, 2019

E-Mail articles to
Steve Rawlinson at:

editor@lodgeofvalhall.com