



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.

Meeting Location

La Mesa Masonic Lodge

4731 Date Ave.

La Mesa, CA 91942

<https://lodgeofvalhall.com/>

Serving San Diego, CA

Founded 1912

*** IMPORTANT ANNOUNCEMENT ***

Because of the coronavirus, there are no scheduled activities in April. This is subject to change. Watch our website for updates.

Due to the coronavirus, lodge activities have been suspended until further notice. As of publication, there were no plans for activity in April.

Ord fra presidenten

Dear Members,

I regret to tell you that for the health and safety of our members, I have made the unpleasant decision to suspend lodge activities while the coronavirus is a threat to us. Many of our members are elderly, and that makes it all the more imperative to suspend lodge activities.

This policy applies to lodge meetings and socials and to the Ladies of Valhall. If the board meets, it will be done by internet link.

I urge all of you to stay home and stay safe while this virus remains a threat to us. We hope that this emergency



does not last long, and we look forward to seeing you again at a lodge meeting/social in what we hope will be the near future. Please pray for all the people who get seriously ill from this virus. Also pray for people who suffer economically from the closure of businesses and the loss of jobs.

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

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>



Happy Birthday
Gratulerer Med Dagen!



April Birthdays

5	Kevin De Nino
9	Andy Ueland
14	Heather Bardin
16	Leif Fisher
17	Norman Magneson
18	Lillian Jansen
20	Kenneth Lindebekke
22	Doris Anderson
22	Charles Sundry
22	Dean Seiler
24	Sigurd Stautland

Save the Date SoCal Kretsstevne

The Southern California 2020 Kretsstevne will take place October 16-18, 2020. Save the date!
<https://sofn6.org/southern-california/>

Tubfrim

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

Newsletter editor: Steve Rawlinson
editor@lodgeofvalhall.com

**Valhall Lodge #6-25, Sons of Norway
UnDinner Social**

No Dinner Social scheduled!

We're sorry, but the coronavirus outbreak has made social distancing necessary, and so we have to cancel our socials for the time being. At the time of publication of this newsletter, there were no planned lodge activities in April.

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	Carmen Cleary
Assistant Marshall	Rick Hausvik
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

NOTE: Corporation will elect officers on Feb. 15.

Auditors

Sandra Yeaman
Steve Rawlinson
Rick Hausvik

Corporation Officers

President	VACANT
Vice President	Andreas Ueland
Secretary	Aprell Bigler
Treasurer	Steve Rawlinson
Director	Maury Lee
Director	Judy Sawyer
Director	Rick Hausvik
Director	James Adams

LOV Officers

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



**SONS of
NORWAY**

JAMES DONOVAN

Your Financial Benefits Counselor

760-440-9905

jdonovaninsure@gmail.com

Hiking Vikings Walk for Brain Injury Recovery

Who: San Diego Brain Injury Foundation
What: Walk for Recovery
Where: De Anza Cove Park, 2740 DeAnza Road, San Diego, CA 92109
When: ~~Saturday, March 21, 2020, at 8:00 AM~~
Delayed until May 16, 2020, at 8:00 AM

The Hiking Vikings will have a team. We encourage you to register with the Hiking Vikings and walk with them. You can also make a donation as a Hiking Viking even if you don't join in the walk. Visit <https://sdbif.org/index/events/2020-sdbif-surviveheadstrong-walk-for-recovery/> and scroll down to the bottom of that page. Find the Hiking Vikings box and click on it. You are then at the Hiking Vikings page. You can register to walk with the team or you can make a donation giving credit to the Hiking Vikings.

We Are All In This Together

While we are self isolating in the United States, Norway has taken drastic action to control the spread of the coronavirus. Prime Minister Erna Solberg imposed drastic measures that were to last for two weeks during the latter part of March. She closed all Norwegian airports to foreign citizens who are not residents of Norway. She closed all schools, kindergartens and universities. She banned most public events. Bars and restaurants were closed except when they could keep customers at least one meter apart. Many closed regardless because they experienced a drastically reduced number of customers. Anybody who had travelled abroad since February 27 was home quarantined for 14 days. ("Abroad" meant outside of Sweden, Denmark, Finland, Iceland and Norway.) Supermarkets and pharmacies remained open.

These drastic measures were taken in part because the spread of the coronavirus in Norway could no longer be tracked. Closure extended to cultural events, sports events and organized sports activities, most establishments in the hospitality industry, gyms, companies that offered hairdressing services, skin care, massage and body care, tattooing, piercing, etc. and swimming pools, water parks, etc.

Minutes of the Ladies of Valhall Meeting

March 7, 2020

Denny's Restaurant, Fletcher Hills

Hostesses: Jean and Helen

Seventeen people attended. There were two guests, Anne's friend Bodil from Norway and Susan's sister, Karen J.

The meeting was called to order at 9:07am by President Millie Wright.

Minutes of the February meeting were published in the lodge newsletter. There were some questions re who is organizing visits to members but no corrections. The report was accepted as read.

No Treasurer Report as Amelia was absent, but Millie reported for her that LOV's financial records were audited by the Valhall Lodge audit committee.

Old Business

Committee Reports

Sunshine Committee- Barbara sent a card to Joyce Oen and passed a card for all present at breakfast to sign for Joyce Olsen. Millie reported that Joyce Oen broke her elbow, and Millie will visit her. Susan connected with Sven to visit Joyce and invited others to join. Anne and Oddvar can visit them at the end of March. Anne will connect with Olav's family. Linda moved, Dale seconded to approve Millie using funds from president's discretionary fund to pay for flowers for Joyce Olsen. The motion passed. Barbara will send missing you cards to members who haven't been to meetings lately.

Lille Butikken – Karen J offered to machine embroider items to sell. She will join the committee.

Christmas Party – Judy has reserved Anthony's for our

December 5 luncheon.

Christmas Stockings – No report

Valhall Lodge 125th Celebration on March 21- Cultural Director Myla working on program and will send email update to members.

New Business

Cultural/Program

Program – Anne introduced her long-time friend fra Norge, Bodil. They had great stories about coming together in "gymnasium" (equivalent to high school) in Tromsø, their deep philosophical discussions of literature and history and how they remained friends across continents.

Telling our stories – "What are your first memories of music?" For an introduction, Myla read excerpts from her personal musical memory book. As we know, many of our members have musical talent, like Thelma who started singing at age 3 and grew up to make a living as a professional singer. She grew up in a musical family as did Jean and Judy. Millie remembered her dad belting out the song "Detour" every time they went on an expedition. Susan's family came together to listen to radio variety shows on Sunday night. Barbara recalled her son's school band teacher pulling innocent parents from the audience to "play". Judy remembered an LOV band who performed with home-made instruments.

For the Good of the Order

Brain Injury Walk – Millie and Sven are signed up.

Sandra sold another Hardanger kit. Classes will be at the House of Norway every other Monday starting March 16.

March 20 - Susan will sing at a performance held at the War Memorial Building

Judy passed sign up for the lodge dinner on March 21.

Millie read a humorous ode to Norway: "Ten Tousand (sic) Swedes"

Helen shared a leather eyeglass case with intricate rosemaling, painted by her husband's cousin.

No March birthdays were present. We sang Happy Anniversary to Myla, celebrating 35 years.

Millie thanked Helen and Jean for their super clever mash-up of March themes: "Irish Spring". Winners received the prize of useful and fragrant soap to help prevent critter infestation and spread of germs

Winners of the drawing were Bodil, Karen, Judy, Arletta and Linda

Next regular meeting will be at Denny's on April 4. Hostesses are Else Ottesen and Denise Olsen.

The meeting adjourned at 10:55 am.

Respectfully submitted,

Myla Coleman

Secretary

LOV Notes

February 2020

Next meeting: 9:00 a.m. **To be determined**

Hostesses:

ATTENTION: *The April LOV meeting has ben cancelled. Please read the Board minutes, if Valhall Lodge meetings/socials are cancelled the LOV meetings will be cancelled as well.*

All of our activities are on hold until further notice. I am sorry that the Hardanger classes Sandra was holding fall into this category especially since I missed the last class at the HON.

It was a pleasure to meet Anne's friend visiting from Norway, Bodil, and hearing the history of their friendship that began in elementary school, through university and has lasted through the years.



Bodil and Anne



Jean and Helen — Hostesses

Bodil was also a recipient of one of the surprise door prizes provided by Jean and Helen. Jean and Helen are quite creative, we have never had door prizes like this: Bars of Irish Spring soap, this being the month of March, commemorating St. Patrick's Day and the beginning of spring. I love the way their minds work. Tusen takk Jean and Helen.

During the meeting there was a discussion about having a meeting without hostesses and we thought we could try that in January 2021 since we didn't have hostesses signed up for that month. However, since the April LOV meeting has been cancelled that isn't an issue at this time. We still may try this suggestion next year. In the meantime, stay safe and healthy.

Med vennling Hilsen,

Millie Wright
President, LOV

From Your Cultural Director - March 2020

I am working on a Power Point presentation of Valhall Lodge's history, using historian notes from the website. I intended to use it at our Anniversary celebration, but that got cancelled because of the coronavirus. Nevertheless, this presentation would be valuable to the lodge in the future, so I will continue to work on it.

I would like to insert photos. I know we have photo albums from the older eras. **Would someone be interested in making digital copies?** Your help would be most appreciated.

Med vennling hilsen,

Myla

Scholarship Opportunities for District Six Youth

District Six offers up to 3, \$1,000 scholarships per year for students ages 16-23. These scholarships are available for students attending an accredited post-secondary school or training institution. The deadline for this scholarship is May 1, 2020.

District Six offers a \$1000 scholarship to the Concordia Skogfjorden Language Camp. The deadline for this scholarship is April 14, 2020.

Applications are available on the District Six website at www.sofn6.org. Please send completed applications to c/o Luella Grangaard, PO Box 832, Morongo Valley, CA 92256 or e-mailed to moorongo2@verizon.net.

In addition there are many scholarships offered by the Sons of Norway Foundation at www.sofn.com.

Please take advantage of this District Six Member opportunity.

Youth Half Camperships

The District provides ½ camperships to youth in our district for Camp Trollfjell ages 8-13 and Trollfjell Folkehøgskule ages 14-17. Camp is held at the Recreation Center Camp Norge, Alta, CA. This year Trollfjell Folkehøgskule will be from June 28-July 11, 2020 and Camp Trollfjell will be from July 12-25, 2020. The amount of the half camperships for 2020 is \$450.00. The application form is available on the District Six Website. All applications must be received by April 15th. Please send the applications to District Six Campership Committee c/o Luella Grangaard, PO Box 832, Morongo Valley, CA 92256.

It is time to sign up for 2020 camp!!!

Upcoming House of Norway Events

Visit <https://www.houseofnorway.org/> for details. We leave it to the House of Norway to disclose on their website any closures or cancellations made necessary by the coronavirus.

- **Apr 8** Ladies Auxilliary Luncheon HoNations (Noon – 2 PM)
- **May 17** Flag Raising followed by Brunch (9 AM)
- **May 17** Parade (1:50 PM) then Lawn Program (2 PM – 3 PM)
- **May 24** Ethnic Food Fair (11 AM – 5 PM)
- **Aug 29** Nordic Nights at Balboa Park International Cottages

5 Facts About Norway's King

February 21 marked the 80th birthday of His Majesty King Harald V of Norway. In honor of this special occasion, here are five facts you might not know about the monarch.

1. First Norwegian king born in Norway in 567 years.

Although Norway's history dates back many centuries, the country's status as a modern independent nation is comparatively young. Due to the lengthy union with Denmark and later Sweden, many monarchs of Norway hailed from other European countries. The election of King Haakon VII (Harald's grandfather) in 1905 marked the first monarch chosen by an independent Norway since the Middle Ages.

2. He is an Olympian.

An avid sailor, H.M. King Harald represented Norway three times in the Olympics, participating in the 1964, 1968 and 1972 games. He and his crew also won World Championship bronze, silver and gold medals in 1988, 1982 and 1987. In 2005, they won the European Championships with the Fram XV.

3. He extended his Royal Patronage to the Sons of Norway Foundation.

In 1992 King Harald became a patron of the Sons of Norway Foundation. During subsequent years the king has affirmed continual confidence in the mission and philanthropy of the Foundation by renewing his patronage through 2020.

4. A portion of the Arctic is named after him.

Over 2,500 square miles of eastern Svalbard was dubbed "Harald V Land" by the Norwegian Polar Institute in honor of the king in 2013. King Harald is the third Norwegian monarch—preceded by Olav V and Haakon VII—to have part of Svalbard named in his honor. In 2015 he was the world's first reigning monarch to visit Antarctica.

5. His courtship was unique.

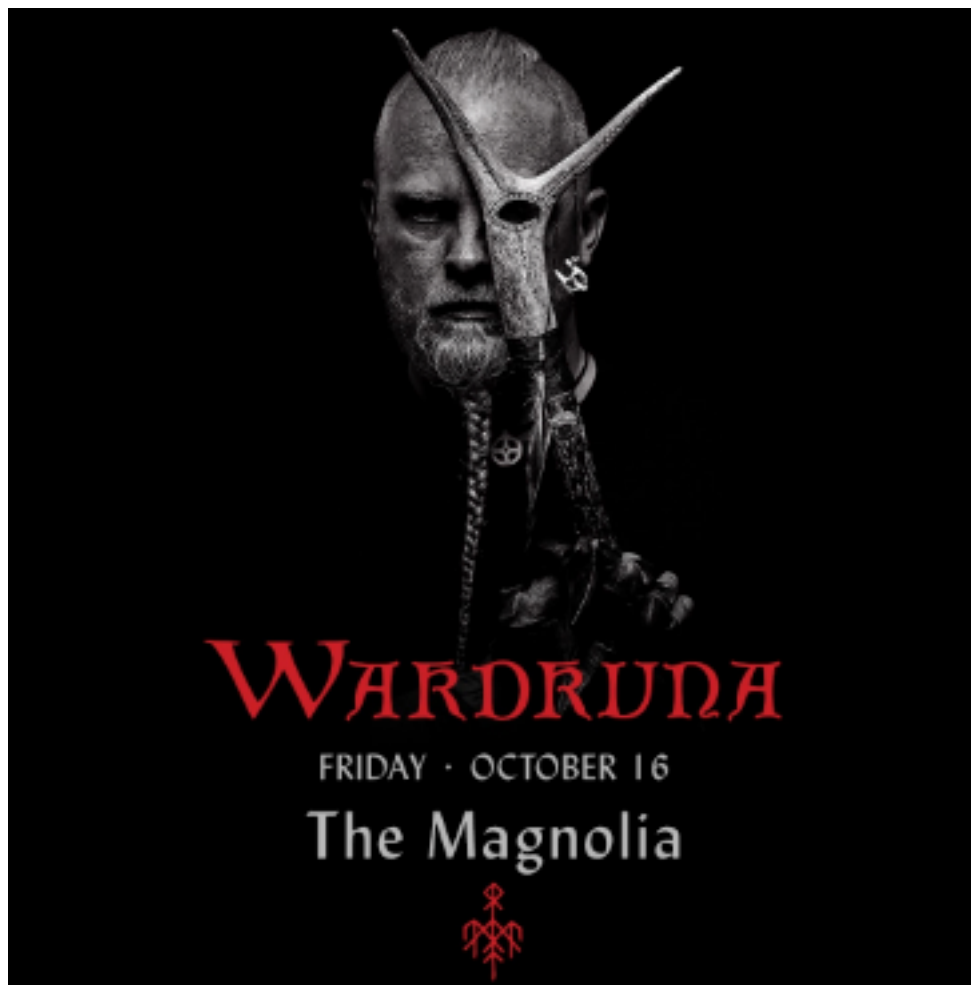
Then Crown Prince, Harald broke from tradition when he married Sonja Haraldsen, a commoner, after a nine-year courtship. After consulting with the Presidium of the Storting, parliamentary leaders and the Norwegian government, King Olav gave his permission for the couple to marry in March of 1968. On Aug. 29, 1968, Harald and Sonja were married at Oslo Cathedral.

Norwegian Performance Group Wardruna Coming to El Cajon on October 16

Wardruna is difficult to classify. Their performance is not like anything else you've ever seen--part music, part drama, part history lesson, part poetry. Led by Einar Selvik, they've released three albums and have a worldwide following. They are dedicated to creating musical renditions of cultural and esoteric Norse traditions, and make significant use of historical and traditional Nordic instruments. They also contributed music to History Channel's series VIKINGS, and Einar appeared in two episodes.

From their bio:

"Wardruna merge academics with pop culture, and their thorough and serious approach has made them one of today's foremost communicators of Norse culture. Today's top international scholars on Old Norse studies use Einar's work to exemplify how music might have been executed in earlier times in Scandinavia and he has lectured about his work with historical music in prestigious universities such as Oxford, Reykjavik University, and University of Bergen. Wardruna was commissioned by the Norwegian government to write and perform a music piece for the 200-year anniversary of the Norwegian constitution in 2014."



Tickets can be purchased at <http://bit.ly/WardrunainElCajon>

Conventions Postponed until 2022

Dear Members,

Sons of Norway has been closely monitoring the global COVID-19 crisis and its impact on the upcoming 2020 District and International Lodge meetings. The Sons of Norway International Board of Directors has voted to postpone the International Lodge Meeting and Convention scheduled for August 2020 in Ringsaker, Norway. Pursuant to the national emergency provisions in the Charter and Constitutions, the meeting will be postponed until 2022.

In addition, the International Board, through its interim authority granted by the International Lodge, has voted to postpone all 2020 District Lodge meetings until 2022. These postponements serve to continue the 2018-2020 biennium into the year 2022. **It is expected that all district and international delegates and those installed in leadership positions for the 2018-2020 biennium will continue in service until the regular session lodge meetings of 2022.**

We understand that these postponements present a litany of questions, which we will answer in the near future as the scope of this global health emergency is further defined. For now, the best way to move our organization through this crisis is to keep the current structure in place, as stipulated in the Charter and Constitutions.

Ron Stubbings, International President

Chris Pinkerton, CEO

Editor's Note: See https://www.sofn.com/covid-19-faqs/?utm_source=Sons+of+Norway&utm_campaign=cb4f3ef981-resource_covid19_03252020&utm_medium=email&utm_term=0_c5ffaf3d10-cb4f3ef981-58051183 for answers to frequently asked questions.

District Six Announcement About the Convention

Greetings All,

Based on the questions coming into the District Six Officers, some of the information we sent out over the past two days is not clear. We hope the following will help your understanding.

- The 2020 District Six Lodge Meeting & Convention in Mesa, Arizona is postponed until 2022 as per the decision of the International Board of Directors.
 - Terminology – The District Six Lodge Meeting is the business part of the Convention. The extra activities such as workshops or seminars, the Folk Art Exhibition & Competition, the Recreation Center Board Meeting, meals and social time, vendors, etc. are also part of the convention. Often, to simplify, the word ‘convention’ is used to mean the District Six Lodge Meeting and Convention
- The International Lodge Meeting and Convention is postponed until 2022.
- Local lodges shall comply with any local, state, and federal guidelines for meeting.
- The 2018 district delegates remain as delegates until the district convention in 2022. They will act on any referenda brought forth by the District Board of Directors. The 2018 alternates will take the place of any 2018 delegates not able to continue their service.
 - The District Board is likely to present referenda during this biennium, as there are a couple of district related resolutions that the board would like to act on before 2022. Delegates may also be called upon to approve various reports via referendum, so that the 2022 delegates are not reviewing reports and financials from 2018 and 2019.
- The 2018 international delegates remain as delegates until the international convention in 2022. They will act on any referenda brought forth by the International Board of Directors. The 2018 international alternates will take the place of any 2018 international delegates not able to continue their service.
- All district and international officers and directors for the 2018-2020 biennium will continue in service until the regular district lodge and international lodge meetings of 2022. Those not wishing to continue may submit a resignation letter. Procedures in the Charter and Constitutions allow the district and international boards to make replacement appointments from among the 2018 delegates.

This COVID-19 crisis has put us in uncharted territory and uncertainty, but we have an organizational structure to move forward. In the face of these unsure and daunting times, we can share our heritage and care for each other through phone calls, social media, lodge newsletters, emails, etc. When we get through this crisis, we then can gather together as lodges, boards, committees, and other entities once again, perhaps with more enthusiasm and thankfulness.

Coping with Staying at Home

While we wait for the world to recover . . . here are some ideas for you and your lodge members to keep from going stir-crazy . . . (with appreciation to the Daily Sentinel in Grand Junction CO):

Missing baseball or sad about the cancellation of the Alpine Bank Junior College World Series? Baseball, the incredible Ken Burns documentary, is **streaming on PBS.**
<https://www.pbs.org/show/baseball/>

Gold's Gym is offering free access to **more than 600 video and audio workouts.**
Find it on the app, Goldsapp..

https://www.goldsgym.com/anywhere/?fbclid=IwAR3MNCgHmDH4EFz_NIeK6TKdq3IhwtXAepVceSqTqNtVaZjbtul92P3DheY

For those fans of Broadway shows, **the Metropolitan Opera** is live-streaming free performances from its Live in HD series.

<https://www.metopera.org/>

Scholastic launched a **comprehensive learn-from-home program** with content for all age groups.

<https://classroommagazines.scholastic.com/support/learnathome.html>

The Kennedy Space Center is live-streaming lessons on the challenges of space travel.

<https://www.facebook.com/KennedySpaceCenterVisitorComplex/>

A group of major libraries around the world have created **a database of coloring book pages** available to download for free.

<http://library.nyam.org/colorourcollections/2020-participating-institutions/>

Are you a Trekkie? The new **Star Trek** show **"Picard" is streaming for free online.** Our [#StarTrekPicard](#) season finale is Thursday, and starting today until 4/23, you can watch for free on [@CBSAllAccess](#) in the US with the code: GIFT.

<https://bit.ly/PicardGift>

Sending smiles and well-being wishes to you and yours . . .
Kaye, your District Six PRO

Lodge Meetings and In-Person Events

Editor's Note: We received this guidance from SON Headquarters some time after President Maury Lee had already decided to suspend lodge activities until further notice.

Sons of Norway has been following the COVID-19 crisis closely. In light of the declaration of a national emergency in the United States, and the CDC's recommendation to avoid gatherings of ten or more people, **we are strongly recommending that all lodge meetings and in-person events related to Sons of Norway be postponed through April 30th.** We will continue to communicate updates throughout the month of April.

We recognize the difficulty this poses to all of us, but it is important that we work together as an organization to respond this crisis responsibly. *Please continue to follow all state and local guidelines as you make decisions for your lodge.* If we can help in any way, don't hesitate to contact the Fraternal department at fraternal@sofn.com.

Video Conferencing Options for Meetings

Although we are not able to distribute video conferencing software directly to lodges, we recommend using any of the following free or low-cost options. After an initial download, you will be given a quick set of instructions to get connected. It's fairly simply to have several people participate at once.

1. [GoToMeeting](#)
2. [Zoom](#)
3. [Skype](#)
4. [Amazon Chime](#)
5. [Google Hangouts](#)
6. FaceTime (limited to smaller groups; this option requires each participant to use an Apple product such as an iPhone, iPad or Macbook)

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Stephen Rawlinson, Editor
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Please Deliver Promptly

Valhall Viking

APRIL 2020

CALENDAR **April**

At the time of publication, there were no planned activities in April because of the coronavirus.

Apr 23 Newsletter Deadline

Next newsletter is the
May issue

Deadline for the
May Valhall Viking
is April 23, 2020

E-Mail articles to
Steve Rawlinson at:

editor@lodgeofvalhall.com