



# 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.*

December 2020  
January 2021  
Valhall Lodge #6-25  
<https://lodgeofvalhall.com>  
Serving San Diego, CA

**Meeting Location**  
La Mesa Masonic Lodge  
4731 Date Ave.  
La Mesa, CA 91942

Founded 1912

December 12, 11:30 AM LOV Christmas Luncheon

December 19, Possible lodge drive-up activity  
December 19, Virtual Lodge Christmas Party

January 11, 7:00 PM Virtual Lodge Board Meeting  
January 16, 4:30 PM Virtual Lodge Meeting and Officer Installation

## Ord fra presidenten

Dear Members,

Even though we are staying socially distanced and having virtual Zoom meetings, we did have some activity last month. Judy Sawyer and LOV members sold meatball dinners, packages of lutefisk, and baked goods. Thank you to all who participated in buying these items! Thanks also to Judy and to LOV! Thanks also to Rick Hausvik who joined me in the pleasure of working with these ladies.



We elected new officers at our virtual meeting. We learned the outcome a lot more quickly than with the national elections. Takk to all who attended the November meeting and voted for the new slate of officers. We are pleased to have a Vice President once again. Thank you, Myla!

Graciela and I wish you all *god jul og godt nytt år!*

Respektfullt,

Maury D. Lee  
President  
Valhall Lodge 06-25



Happy Birthday  
Gratulerer Med Dagen!



### December Birthdays

5	Jsn Garzon
7	Marlow Myrmo
9	Cheryl Edwards
10	Peggy Gere
14	Gale Schaffroth
15	Eldbjorg Backous
15	Gregory Withee
20	Ragnhild Amble
20	Judi Dow
24	Anne-Lise Lunde
25	Arita White

### January Birthdays

1	Jerilynn Hovland
4	Barbara Evje
4	Lewis Dow
7	Erik Aamodt
11	Solveig Appel
11	Tamara Stautland
13	Thelma Johannesen
16	Helga Moore
21	Charles Hansen
22	Lucille Wendling
24	Anders Kenstad
25	Erik Adams
26	Glenn Jerpseth
26	Wendy Hovland-Henry
27	Denise Olson-Durham

Newsletter editor: Steve Rawlinson  
[editor@lodgeofvalhall.com](mailto:editor@lodgeofvalhall.com)

This newsletter is published monthly  
except in January and July.

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# Lodge Officers 2019-2020

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

Auditors
Sandra Yeaman
Steve Rawlinson
Rick Hausvik

Corporation Officers	
President	James Adams
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



**SONS of  
NORWAY**

**JAMES DONOVAN**

**Your Financial Benefits Counselor**

**760-440-9905**

**[jdonovaninsure@gmail.com](mailto:jdonovaninsure@gmail.com)**

# Lodge Officers 2021-2022

POSITION	NOMINEE
President	Maury Lee
Vice President	Myla Coleman
Counselor	Susan Cody
Secretary	Wendy Hovland-Henry
Assistant Secretary	Denise Olson-Durham
Financial Secretary	Aprill Bigler
Treasurer	Millie Wright
Social Director	Judy Sawyer
Assistant Social Director	Graciela Lee
Cultural Director	Amelia Seeto
Marshall	Andy Ueland
Assistant Marshall	Janet Weber
Historian	Sandra Yeaman
Musician	Sven Olsen
Editor	Steve Rawlinson
Assistant Editor	Arlene Labree
Foundation Director	Jim Adams
Publicity Director	Susan Cody
Youth Director	Myla Coleman
Sports Director	Ellen Spitzer
Webmaster	Steve Rawlinson

POSITION	NOMINEE
Trustee (3 Year)	Susan Cody
Trustee (2 Year)	Millie Wright
Trustee (1 Year)	Judy Sawyer
Auditor	Phil Hinshaw
Auditor	Steve Rawlinson
Auditor	Amelia Seeto
Corporation Directors	Aprill Bigler Everett Shogren Jim Adams Andy Ueland Steve Rawlinson Judy Sawyer Maury Lee

## 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>

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

Ten Years of Membership

*Jenna K. Hausvik*

Congratulations!  
Valhall Lodge 6-025  
Sons of Norway

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

Ten Years of Membership

*Heather Bardin*

Congratulations!  
Valhall Lodge 6-025  
Sons of Norway

*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

*Lora Lee*

Congratulations!  
Valhall Lodge 6-025  
Sons of Norway

**Sons of Norway  
Anniversary Virtual Party**

Sons of Norway is having a Virtual  
Party to celebrate its 125th  
Anniversary. The event takes place  
**online December 8-10.** [https://  
www.sofn.com/125years/virtual-  
party/?](https://www.sofn.com/125years/virtual-party/?utm_source=Sons+of+Norway&utm_campaign=5f71964126-EPOST_11_2020&utm_medium=email&utm_term=0_c5ffaf3d10-5f71964126-58051183)

[utm\\_source=Sons+of+Norway&utm  
\\_campaign=5f71964126-  
EPOST\\_11\\_2020&utm\\_medium=e  
mail&utm\\_term=0\\_c5ffaf3d10-5f71  
964126-58051183](https://www.sofn.com/125years/virtual-party/?utm_source=Sons+of+Norway&utm_campaign=5f71964126-EPOST_11_2020&utm_medium=email&utm_term=0_c5ffaf3d10-5f71964126-58051183)

# Minutes of Lodge Virtual Meeting

## November 21, 2020

**CALL TO ORDER:** President Maury Lee called the meeting to order at 5:07.

Maury thanked the LOV, with special thanks to Judy, for the wonderful meal and baked goods served at the drive through Lutefisk and Meatball dinner. Forty dinners were purchased, and the event went well. He announced that lutefisk orders can be picked up from 10:00-12:00 on Monday.

### COMMITTEE AND DIRECTOR REPORTS:

**Financial:** Millie and Aprell presented their reports. Aprell said that no new members were added this month; the lodge currently has 153 members.

**Cultural:** Myla is considering having a Photo with Santa opportunity in the lodge parking lot for the December social. She would also, with help, provide goodie bags and a cardboard gingerbread activity. This event would be during the day (2 hour timeframe), with the regular lodge meeting taking place in the evening. There was discussion about how much interest this activity would garner. Myla will provide something to Steve to put into the newsletter.

### 2021/2022 NEW OFFICER ELECTION

Millie, standing in for committee chair Jim Adams, presented the new slate of officers for 2021/2022. She asked for questions and comments and for other nominations. There were none.

Steve Rawlinson moved to approve the slate for 2021/2022 as presented by the nominating committee (Millie, Jim, Myla). Linda Rawlinson seconded the motion. *Motion passed unanimously.*

Andy Ueland pointed out that the corporation board members' term is for three years.

Maury congratulated the new officers. The installation will be in January. The lodge will have to determine how to have the installation, depending on the health and safety guidelines at that time.

### Good of the Order

Aprell announced that Lora Lee became a member of the lodge 25 years ago in October. The main office hasn't sent the pin out yet, but it will arrive shortly. Congratulations, Lora Lee!

**ADJOURNMENT:** The meeting was adjourned at 5:34. There were 17 members present. The next meeting will be held on December 19.

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

# Minutes of LOV Virtual Meeting

## November 7, 2020, 10:00 AM

Seventeen members attended. There was one guest, Jeanne Scott.

The meeting was called to order at 10:03 AM by President Millie Wright.

Minutes of the October and September meetings were published in the lodge newsletter. Millie asked if anyone wanted them to be read aloud. No one did. There were no corrections. Dale moved, Jean seconded that the minutes be approved. The motion passed.

Treasurer's Report - Amelia reported some activity. Jean moved, Barbara seconded to approve the treasurer's Report as read. The motion passed.

Millie welcomed our guest, Jeanne, President of the House of Norway. She thanked us for this year's donation.

### OLD BUSINESS

#### Committee Reports

Sunshine – Barbara reached out to Thelma, who said she is quilting like mad these days. Barbara sent cards to Carmen, Peggy and Mala. She spoke to Chris who is currently living in El Cajon. Millie and Jean spoke to Helen who is recovering from an injury. Barbara will send a card. Barbara said Denise will take over as Sunshine Chair in the new year.

Hostess for upcoming meetings still on hold until we can meet in person.

Lille Butikken and meatball dinner to go. Judy is taking orders and collecting checks. Jeanne said House of Norway has room in freezer to store items if we need to. Susan will pick up cookies from bakers so they can be packed on the pick-up day. Sandra shared tips for assembling gingerbread houses.

Christmas Party – Committee will meet to plan a social distanced luncheon at Anthony's.

Christmas Stockings – nothing to report

Millie asked the membership for input on the suggestion that LOV can be a cultural committee for the lodge. Amelia has kindly offered to take the Cultural Director position as we will support her in that role. Jeanne pointed out that we can loop in the Fish Club and other organizations to share program. Sandra found the job description for Cultural Director on the national website; it says that the director will utilize a committee to provide program.

### CULTURAL/PROGRAM

Our member history project has been on hold. Millie and Sandra shared that they continue to work toward earning skills badge for Hardanger embroidery. Millie wants to make an apron for her granddaughter and asked Else for help in making the band for it. Amelia hopes her new glasses will give her better vision to do the close-up work of Hardanger embroidery. Millie asked for ideas to use the large donation given to the lodge and will present at the lodge meeting.

### GOOD OF THE ORDER

Dale is recovering at home after a health issue. Susan called Carmen, Lavonne, Helen, Anita and left messages for Peggy and Wilma. Ragnhild shared her family history that she wrote in the late 90's. With the help of twin sisters, Ragnhild put it together along with family photos in a beautiful hardback book. Myla has a copy and will loan out to anyone interested in checking it out. Millie renewed her driving license and was happy not to have to take the written test. Myla noted that Sons of Norway is

## Minutes of LOV Virtual Meeting (Continued)

November 7, 2020, 10:00 AM

looking for short video or written submissions to the National Christmas Greeting, to be presented at the 125<sup>th</sup> Anniversary Birthday Party weekend December 8-10.

We said Happy Birthday to November birthdays: Millie, born on this day the 7<sup>th</sup> and Sandra, also to Becky and Carmen who were not present. There were no anniversaries.

Millie thanked Sandra for continuing as our Zoom host.

Next meeting will be our socially distanced Christmas luncheon at Anthony's on December 12.

The meeting adjourned at 11:28AM

Respectfully submitted,  
Myla Coleman, Secretary

### **Petra Olea McGeary, RIP**

**1922 - 2019**

We are sorry to report the passing of Petra McGeary. Petra was a long and faithful member of Sons of Norway and of Valhall Lodge. She was a Golden Member, having joined in 1970. Petra's Valhall friends will miss her greatly.

Petra Nelson was born in Canada on March 8, 1922 and grew up in Minneapolis where she married Thomas McGeary in 1944. They lived briefly in Frankfurt, Germany, after the war and then moved to the San Diego area in 1950. They were original occupants for 60 years of a home in La Mesa. Petra delighted in meeting new people and enjoyed being an Avon and Mary Kaye cosmetics representative, and later an associate in a uniform store. An early member of the United Church of Christ in La Mesa, she was active in the Beta Sigma Phi sorority, and a member of Sons of Norway. Petra loved music: she played piano and sang in the San Diego Chapter of the Sweet Adelines. For many years, she was a Wednesday-night regular at Kelly's Piano Bar in Mission Valley. An avid collector of antiques, she loved playing RummiKub. Petra was an adventurous traveler and enjoyed the sociability of going on ocean cruises. She visited Australia, Ecuador, Britain, Norway, Germany, Austria, Spain, Portugal, Thailand, Jordan, the Adriatic Coast, and Mexico, where she went parasailing at the age of seventy.

Petra was preceded in death by her brother Tommy Nelson and her sister Barbara Barney. She is survived by her children Thomas and Brian McGeary and Barbara Best and by her grandchildren Sean, Trevor, and Avery McGeary and Austin Best. She passed away quietly on January 18, 2019, at Tranquility House, La Mesa. At her request, there was no ceremony, and her cremated remains were scattered at sea.

## Upcoming Events at House of Norway

House of Pacific Relations at Balboa Park is having an **International Fundraiser Cookie Drive** at Inspiration Point Way in Balboa Park, **Dec. 4-6, 11 AM to 3 PM**. Homemade Norwegian cookies and other international goodies will be for sale. For more information, go to <https://www.sandiego.gov/taste-of-december-nights>.

The House of Norway is holding its first annual **Gingerbread House contest**! It's FREE to submit your house(s). Just take photos of your house and email them to [hongingerbread2020@gmail.com](mailto:hongingerbread2020@gmail.com) by **December 4th**. Winners will be announced on December 12th. Awesome prizes are ready to be given. For more information and tips on picture taking and baking, visit: <https://www.houseofnorway.org/events-volunteer>.

## Do We Have Correct Contact Information About You?

Please check that we have correct information about you. If you have internet access, use your web browser to go to [sofn.com](http://sofn.com). Click on "LOG IN" in the upper right area and then enter your userid and password. You should then be on the "Member Profile" page. Please check that all information is correct. If there are any errors, please click on the "Edit" box associated with the wrong information and make your corrections.

Please also check your entry in the 2020 Valhall Directory. This directory is printed and mailed out early each year. If there is any inaccurate information in the directory, then please e-mail Steve Rawlinson ([editor@lodgeofvalhall.com](mailto:editor@lodgeofvalhall.com)) or send a letter to his address as listed in the directory so that the 2021 directory will have correct information about you. Thanks.

## Humanitarian Relief

Sons of Norway Foundation has humanitarian relief funds available for Sons of Norway members. The funds cover unreimbursed expenses of up to \$5,000. One fund covers medical expenses and another covers natural disasters. In this time of COVID-19 and fires in California, it is nice to have these funds.

Details are at <https://www.sofn.com/foundation/grants/>.

# LOV Notes

## November, 2020

Next Meeting: December 12, 2020 Anthony's  
Hostesses: N/A

Hei alle sammen,

I discovered I prefer attending Zoom meetings via my computer rather than using my iPad. More participants are displayed on the computer screen than what can be seen on the iPad.

Jeanne Scott attended the November LOV meeting so one more meeting Jeanne you will officially become an LOV member and receive an LOV pin. Keep in mind there are no dues to become a member of LOV, but you must be a member of Valhall Lodge and attend three LOV meetings; how easy is that? Its so nice to see you at our Zoom meetings.

November 21, 2020 Event, LOV made it happen – Three ladies pulled off a fantastic DRIVE-BY Meatball dinner and Lille Butikken event. Judy was in charge of the meatball dinner and had help from LOV members. Several Ladies of Valhall made lefse, baked cookies and bread for sale and included cookies with the dinners. Sandra prepared Gingerbread House kits for sale that included the necessary items to complete the project. I look forward to seeing the finished Gingerbread houses, so take pictures and share them please.

The only drawbacks from the Drive-by event was the Lutefisk could not be picked up on Saturday as we planned; Delta is now closed on the weekends for air-drop shipments so those who ordered lutefisk will pick up their orders on Monday, November 23<sup>rd</sup>; other than that little glitch, and not being able to see and visit with everyone, I believe it was a very successful event. There was even a comment that we should do this type of event more often!

We are still hoping to have our LOV Christmas luncheon on December 12<sup>th</sup> at Anthony's Fish Grotto; Judy is keeping in contact with Anthony's and will keep us posted.

Tusen takk everyone for attending all the LOV meetings, the in person and all the Zooms, and for your input and participation in any, and all events that occurred this past year. We have a great group of loving and caring ladies and I look forward to serving as your president in 2021.

I contacted Peggy Gere via Facebook messenger and received a reply from her that she is "doing ok for an old gal". She still has some back trouble and is getting shots in her eye(s). She does miss us, and we miss her too. I tried calling her a few days after receiving her response but that was unsuccessful. I will continue to reach out to her via FB messenger.

Enjoy your Thanksgiving holiday –

**God jul og godt nytt år**

Med vennling Hilsen,

Millie Wright  
President, LOV

## Valhall Provides Pick-Up Dinners, 11/21/2020



## Valhall Provides Pick-Up Dinners, 11/21/2020



## Valhall Provides Pick-Up Dinners, 11/21/2020



# From Your Cultural Director

## December, 2020

An unexpected pleasure in this year of quarantine is the content that is available these days in digital form. I've experienced concerts, travelled to bucket list lands, attended seminars to learn new skills and visited museums in cities near and far.

Of course a lot of my interests focus on Norway, so here are a few links that I'd like to share with you, my fellow Norsk-philes. Most are on Youtube so easily accessible for most people with Internet access. We have a Cox package that includes the Youtube channel; the sound, picture quality and screen size are better than a computer so if you have that available, your experience will be more immersive and spectacular.

Vista Viking Festival went virtual this year.

- Here's a link to one of my favorites, a fun 47- minute collection of song and stories presented by the Damakor: <https://www.facebook.com/VistaVikingFestival/videos/636554820382188>
- Earl M. Jepson's presentation of Scandinavian wood carving. The first 6 minutes he invites us into his workshop and talks about his process. Then, he shares his very interesting collection of carved items made of wood, horn and leather.  
<https://www.facebook.com/VistaVikingFestival/videos/3722560514443228>
- Hardanger fiddler Rachel Nesvig, who played at our September social last year, was invited to perform from her home in Washington. <https://www.facebook.com/VistaVikingFestival/videos/333757067838733>
- Daughters of Norway Hulda Garborg Lodge presented a great how-to on making rosettes, the deep-fried star-shaped cookie dusted with powdered sugar. <https://www.facebook.com/VistaVikingFestival/videos/2852570861633200>

Vesterheim Museum has many seminars. My daughter and I first encountered the practice of forming hair into wall art when we visited a museum in Bastrop TX, so we were fascinated to watch this one hour episode about the craft of weaving hair into watch chains, brooches, necklaces, hair ornaments, even lace edging on clothing, still practiced in Sweden today. A common craft made by women in the Victorian era, it was as common as knitting and embroidery are today. It was also a cottage industry, a chance for women to earn money without leaving home. The video is not a how-to but a look at the history of the craft, featuring fabulous artifacts from the museum.

Traditional Swedish Hair Jewelry <https://www.youtube.com/watch?v=Pv7VuP6LdJA>

Wishing you and yours a wonderful holiday season!

Myla

## From Your Cultural Director (continued)

Save the date for our lodge Christmas Party, to be held virtually on Zoom and maybe with a socially distanced drive-up for goodies from the Masonic Lodge in La Mesa.

December 19, 2020. Look for emails with details in the next weeks.

### Scholarships Are Now Open

Applications are now open for all scholarships through the Sons of Norway Foundation. These scholarships are available to members of all ages for study in the United States or Norway. For detailed information about the opportunities available, or to apply online, visit [sofn.com/foundation/scholarships](https://sofn.com/foundation/scholarships).

### Peace of mind in volatile times

In times like these, it may feel like nothing is certain, and that volatility is just a way of life—even for your finances. Give yourself the peace of mind of a fixed rate of return and rest easy knowing that a portion of your assets are protected. Reach out to your Financial Benefits Counselor and see if putting some of your assets in a fixed annuity is right for you and your family.

The Financial Benefits Counselor for Valhall members is Jim Donovan.  
Email: [jdonovaninsure@gmail.com](mailto:jdonovaninsure@gmail.com)  
Phone: (760) 440-9905

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

NON PROFIT ORG.  
U.S. POSTAGE  
PAID  
SAN DIEGO, CA  
PERMIT No. 906

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**3202 Mohican Ave.**  
**San Diego, CA 92117-6250**

**DATED MATERIAL**

*Please Deliver Promptly*

*Valhall Viking*

**DECEMBER 2020 - JANUARY 2021**

**CALENDAR**      **December - January**

**December 12 LOV Christmas Luncheon**

**December 19 Possible lodge drive-up activity**

**December 19 Virtual Lodge Christmas Party**

**January 11 Lodge Board Meeting**

**January 16 Virtual Lodge Meeting and  
Officer Installation**

**January 23 Newsletter Deadline**

Next newsletter is the  
February issue

Deadline for the  
February Valhall Viking  
is January 23, 2021

E-Mail articles to  
Steve Rawlinson at:

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