



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**

Schedule of Events

Mar 7	9:00 AM: LOV Meeting
Mar 21	4:30 PM: Lodge Meeting
	5:30 PM: Anniversary Dinner
Mar 23	Newsletter Deadline

Ord fra presidenten

Dear Members,

We had a wonderful beef lapskaus stew dinner last month followed by a meeting in which we elected delegates to the District Six Convention in June. Congratulations for getting elected and thank you for being willing to serve to Susan Cody, Myla Coleman, Graciela Lee, and Sandra Yeaman. They will join me at the convention in Mesa, AZ. Please join me in congratulating them and let them or me know how you feel about any District issues.

We are looking forward to our Anniversary Salmon dinner on March 21. We will celebrate Valhall Lodge's 108th Anniversary and Sons of Norway's 125th, Myla, our Cultural Director, is working on a great program for the social.



House of Norway is having its Fastelavn and Queen's Lawn Program on March 1 and a Seaman's Church Service on March 28. Details about these should be on the House of Norway website.

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



Happy Birthday
Gratulerer Med Dagen!



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>

March Birthdays

- | | |
|----|----------------|
| 1 | Wilma Springer |
| 8 | Jenna Hausvik |
| 8 | Petra McGeary |
| 19 | Almon L Coover |
| 21 | Joyce Oen |
| 24 | Rodney Dahl |

June Meeting

The lodge meeting and social in June may have to be rescheduled. The current scheduled date is June 20, but that conflicts with the District Six Convention.

Other dates in June are currently under consideration. There may be an announcement next month of a different date. Stay tuned.

New Bylaws Approved

The lodge submitted updated bylaws to HQ last June after the members voted unanimously to approve them. We received notification of HQ approval on December 19, 2019. The updated bylaws are on our website at <https://lodgeofvalhall.com/about-us/bylaws/>

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 108th Anniversary

Featuring a Salmon Dinner and Sons of Norway's 125th Anniversary

Saturday March 21, 2020

Lodge Meeting 4:30

Dinner 5:30

Menu

Fiskesuppe (Fish Soup)

Valg av (Choice of)

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

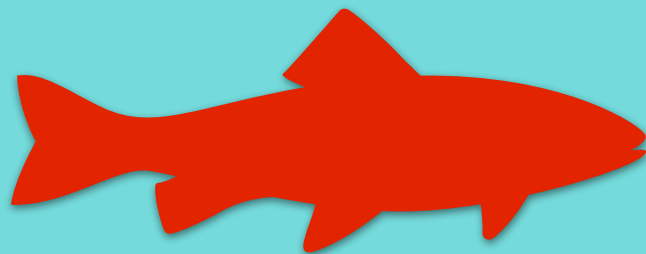
Poteter med parissille (Potatoes with parsley)

Grønnsaker og brød (Vegetables and bread)

Norsk Agurksalat (Norwegian Cucumber Salad)

Dessert (Dessert)

Kaffe eller Te (Coffee or Tea)



Adults \$20

Members' Children/Grandchildren 15 and under - FREE

Full time Student Members of Valhall under 25 - FREE

Reservation cut off: March 18, 2020

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: Judy Sawyer, sonjsawyer@gmail.com
(619) 993-9113

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

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

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.

Raspberry Vanilla Jello

Ingredients:

1 Box 5.1 oz instant Vanilla Pudding
32 oz container Vanilla Yogurt
8 oz container Cool Whip
1 pkg. Frozen Raspberries

Instructions:

1. In a large bowl, combine the pudding mix and vanilla yogurt, stirring till well mixed.
2. Fold Cool Whip into the mixture (use spatula or whisk)
3. Lastly, fold in the Raspberries, let them sit out about 10 min before adding. You can put them in frozen and they will thaw very quickly so you can serve right away after mixing.

If you don't eat immediately, the raspberries will thaw more and the juices will add more flavor to the entire mixture.

122 cal, 18 carb, 4 fat, protein 5, sodium 64

Recipe provided by Judy Sawyer. This treat was our dessert at the February 2020 Social.

District Six 2020 Convention



The District Six Convention in 2020 will be held from **Thursday, June 18, through Sunday, June 21**. The theme of the convention is **CELEBRATING OUR ROOTS**. The convention starts on Thursday with a session on genealogy. This is an opportunity to learn how to research your Norwegian ancestry.

Valhall Lodge will have 5 delegates. One of the delegates is the President ex-officio. The other 4 delegates will be elected at the **February 15 lodge meeting**.

Please attend the February lodge meeting and be prepared to choose which candidates will receive your vote. Please also consider running as a delegate. If you are a new member of Sons of Norway or if you have never been to a district convention before, getting elected as a delegate will give you the opportunity to learn more about Sons of Norway.

The convention will be at the Sheraton Hotel in Mesa, AZ. Some delegates from Valhall may choose to drive. If you fly, there are 4 airports nearby. The closest airport is PHX (Phoenix Sky Harbor Airport). AZA, SCF and DVT are also in the area.

It is recommended that you arrive on June 17 because activities commence on June 18. Don't plan to leave until June 22 because festivities will run late on June 21.

The lodge will reimburse your convention attendance fee and hotel room cost. The District has negotiated a discounted rate for a hotel room. The lodge expects each delegate to share a room with one other person. Reasonable travel expenses will be reimbursed based on mileage or air fare plus taxi/Uber/Lyft. Delegates will have to pay for meals that are not covered by the convention.

Gratulerer og takk to the people who were elected as delegates and alternates.

The delegates are Maury Lee (ex-officio), Graciela Lee, Myla Coleman, Susan Cody, and Sandra Yeaman. The alternates are Marit Vincent and Rick Hausvik.

Minutes of the Lodge Meeting

February 15, 2020

CALL TO ORDER: President Maury Lee called the meeting to order at 4:32.

APPROVAL OF THE MINUTES: The minutes for the January lodge meeting were accepted as printed in the February Valhall Viking, #1.

CORRESPONDENCE: Several members received an email from a promotions company about a Norwegian band called Wardruna, that will be performing in El Cajon on October 16. Janet C. gave an explanation of what the band is known for, and what members might expect from the band's unique performance.

COMMITTEE AND DIRECTOR REPORTS:

Social: Judy thanked everyone for their help with the dinner. She reported that the March 21st social will be the salmon dinner, in celebration of the lodge's 108th anniversary.

Cultural: 1) Myla would like anyone who has memories of the lodge to share them with her. In March, she will be showing a video about the history of the Sons of Norway, but she'd like to collect memories and activities specific to the Valhall Lodge. 2) Myla will also be sending out a form for members to fill out that will capture information about where everyone's ancestors came from. A map will be created with these details. More to come on this activity at the April meeting. 3) She reported that the Mannskor is scheduled to perform at the May 17th social.

Publicity: Susan reported that she sent information about the lutefisk diner to six different publications, but none chose to publish the information.

Youth: Myla has gathered a bag of games for kids, including a Frozen-themed Monopoly board game.

Corporation: Two new directors need to be elected. Steve Rawlinson moved, and Millie Wright seconded, that Andy Ueland and Jim Adams be elected as corporation directors. *Motion passed unanimously.*

NEW BUSINESS

District 6 Meeting: The following five delegates and two alternates were nominated to attend the District 6 Meeting, to be held in Mesa, Arizona, June 18-21: Maury Lee, Graciela Lee, Susan Cody, Myla Coleman, and Sandra Yeaman. (Alternates: Marit Vincent, Rick Hausvik) *The delegates and alternates were approved unanimously.*

Performance by Anne-Charlotte Harvey: Anne Hoidal reported that Anne-Charlotte Harvey, a retired professor from the San Diego State University Theater Department, has offered to perform a monologue of an old Norwegian woman who lives in the United States. Anne-Charlotte is a professional actress and her performances are always well received. Myla will call her and make arrangements.

June Lodge Meeting Date

Change: Maury pointed out the the district convention falls on our usual meeting/social date. He proposed that we move our date up a week to June 13th, and do something different, such as a breakfast or brunch (replacing the ice cream social) and also raise some money for the convention. He will make sure that the hall is available on that date.

FINANCIAL REPORTS:

Millie presented the Treasurer's

report. Aprell was absent, so no Financial report was given.

REMARKS FOR THE GOOD OF THE ORDER:

SDBIF Walk: The Hiking Vikings will once again be walking in the San Diego Brain Injury Foundation's annual walk, on March 21st. Else Ottesen has set up the Hiking Viking team at sdbif.org. Follow the links to "Register with a Team," and then search for "Hiking Vikings." Further information about the walk can be found on the SDBIF website. (Ellen pointed out that this walk can go toward your miles for the Sports medal. Win/Win!)

ADJOURNMENT: The next meeting and social will be on March 21st.

There were 24 people present and the lodge meeting was adjourned at 5:10.

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

Minutes of the Corporation Meeting

February 15, 2020

The regular February meeting of Valhall Sons of Norway Inc. Board was held following the February meeting and social of Valhall Lodge No. 6-025. It was called to order by Treasurer Steve Rawlinson at 6:50 PM. Jim Adams presided after his election as President. Present: Vice President Andreas Ueland, Treasurer Steve Rawlinson, and Directors Jim Adams, Maury Lee, Rick Hausvik and Judy Sawyer. Secretary Aprell Bigler was absent.

Motions to wave the reading of the regular board meetings held on May 13, 2019, and November 11, 2019, were passed unanimously. The minutes of both meetings were approved.

Election of Corporation Officers

The elections of Corporation Officers of 2020 were held and the results are as follows:

President: James Adams
Vice President: Andreas Ueland
Treasurer: Stephen Rawlinson
Secretary: Aprell Bigler

Treasurer's Reports

The Treasurer reports, 2nd, 3rd, and 4th quarters of 2019, were reviewed and discussed. It was moved, seconded and passed to accept the treasurer reports.

The previous President, Allen Johannesen, will be removed from signature records of Torrey Pines Bank, the Sons of Norway Deposit Account, and TD Ameritrade. Newly elected President Jim Adams will be added to Torrey Pines Bank, the Sons of Norway Deposit Account, and TD Ameritrade. Vice President Andreas Ueland will be added to .

TD Ameritrade. Mr. Ueland is already in the signature records of Torrey Pines Bank and the Sons of Norway Deposit Account. Treasurer Steve Rawlinson is already in the signature records of all three financial institutions.

Treasurer Steve Rawlinson requested that the documents of the merged entity of Valhall Lodge and the Corporation not have any requirements of asset allocation. The asset allocation should be set by the committee that oversees the lodge's investments. Nobody disagreed with that request.

Old Business

Valhall Lodge needs to become a 501c(3) organization as part of the merger of the lodge and the corporation. At the meeting of November 11, 2019, John Sunnen was selected to handle the legal work of the merger.

Maury moved to authorize the expenditure of \$2500 to get Mr. Sunnen started on the legal work of the merger. Rick seconded. Motion passed.

Jim will contact Mr. Sunnen to make an appointment. All directors are invited to attend the first meeting.

New Business

See Election of Corporation Officers.

Good of the Order

None.

Next Meeting

The next meeting will be a special meeting to deal with merger issues. It will be held on March 30, 2020. Maury will work with the La Mesa Masonic Lodge to schedule a time.

Adjournment

Meeting adjourned at 7:50 PM.

Respectfully submitted,
Steve Rawlinson, Treasurer

Do Norwegians Still Love Potatoes?

An Editorial

Recently, we had dinner at the Fish Club with a Norwegian couple on Ladies' Night. The husband is assigned to the Scripps Institute of Oceanography for a year.

We asked the wife if it is true that Norwegians insist on having potatoes for dinner. She told us that such may still be the case for older people who are accustomed to eating Norwegian crops, but the younger people like to have varieties of food including Italian, Indian, and Chinese.

So, unlike our grandmother, it may no longer be true that Norwegians have to have potatoes for dinner.

We love potatoes, so this answer did not match up with our confirmation bias. The Fish Club skipper has instructed the staff to always have potatoes at our meals, but maybe that is wrong now.

If you are a member of the Fish Club and have strong feelings about potatoes, please e-mail us at editor@lodgeofvalhall.com. We will pass on your feedback to the Skipper.

If you have strong feelings about having potatoes at Valhall socials, please e-mail Judy Sawyer at sonisawyer@gmail.com.

Fish Club members: Don't miss the husband's talk about Svalbard, the Arctic Ocean, and sea ice at the May 8 dinner. Details at <https://fiskeklubben.org/wp/>

Minutes of the Ladies of Valhall Meeting

February 1, 2020

Denny's Restaurant, Fletcher Hills
Hostesses: Susan, Arletta and Karen

Fifteen people attended. There was one guest: Susan's sister Karen J.

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

Minutes of the January meeting were read aloud by Secretary Myla. There were no corrections. The report was accepted as read.

Amelia read Treasurer Report for December-January. It was accepted as read.

Amelia presented the Budget for 2020, on behalf of committee members Anita and Millie. After some discussion, Amelia moved and Barbara seconded to accept the budget as corrected. Motion passed

Committee Reports

Sunshine Committee- Barbara sent get well card to Sandra, contacted Arlene, thanked the hostesses for their tribute to Minnie Mouse (red napkins with white polka dots). Millie visited Joyce Oen. We'll all sign a missing you card for Joyce Olsen next meeting. Susan will organize a small group to visit Olaf (Chris) Lelevier. Anita let us know that Barbara's son and grandson are having some health issues.

Lille Butikken – need committee and makers for new handmade items

Christmas Party – Committee members from 2019 will continue for 2020

Christmas Stockings – Susan continuing for 2020

Old Business

Millie thanked the group for filling the hosting dates for 2020. January 2021 can be filled before the end of

2020.

New Business

Myla asked for help with the cultural program for the upcoming Valhall Lodge anniversary social in March when we will also be celebrating the Sons of Norway 125th Anniversary, and focusing on the history of Valhall Lodge **and** a video of Sons of Norway provided by SON cultural. Members are welcome to bring items from lodge's past. Barbara has red vests that were worn by volunteers serving at the lodge dinners.

Myla asked for help with a cultural program for the upcoming lodge dinner in February; baking cookies for the mixer "What does the Norwegian say?" Millie and Else will make cookies for the cultural program and Susan, Judy and others will bake for Allen Johanssen's memorial service.

Cultural/Program

Program - Myla and Anne presented a continuation of their program from the last lodge dinner, a look at Alf Prøysen. Anne read a brief history, related her memories of his impact on her life and read her translation of his short story, "The White Horse". Myla presented a translation of his song, "Du ska få en dag i måra" and led the group in singing the song.

Writing prompt for next month's Telling our Stories – What are your first memories of music?

For the Good of the Order

Oasis Learning Center in Grossmont Center has great classes and other events for seniors. Anita brought copies of their catalog. Susan will perform there in April.

We sang to February birthday: Anne. Thelma let us know that she and Allen would have celebrated 49 years together in February.

Winners of the drawing were Millie, Myla, Else, Karen, Amelia, Barbara

Millie thanked Susan, Arletta and Karen for hosting, brightening the room with polka dots and primroses.

Next regular meeting will be at Denny's on March 7. Hostesses are Jean and Helen.

The meeting adjourned at 10:58 am.

Respectfully submitted,

Myla Coleman

Secretary

LOV Notes

February 2020

Next meeting: 9:00 a.m. March 7, 2020

Hostesses: Jean and Helen.

The February LOV meeting was business as usual which left plenty of time for the Cultural Program, visiting and Good of the order remarks.

The Lille Butikken is still in need of a committee; I am counting on LOV members to volunteer to take this project on. Having a committee working on the Lille Butikken makes it easier than just counting on a Lille Butikken Chairperson.

Anne and Myla gave a presentation on Alf Prøysen to those of us who missed the January Valhall Lodge Social. Anne read a short story that she translated, and Myla led us in a song by Prøysen. Unfortunately, our gifted photographer was absent, and the following photos were taken by me from across the room!



Anne - Alf Prøysen Presentation



Myla - Alf Prøysen Song



Susan - Calling the Numbers



Primrose Door Prize

This year is the Sons of Norway 125th anniversary. Myla is preparing a cultural program to be presented at Valhall Lodge's March social commemorating this milestone.

Susan, Arletta and Karen (it's a family affair) hosted the February LOV meeting and provided beautiful primroses as the door prizes.

Those of you who didn't make it to the Valhall Lodge February Social missed out on a good time. Besides the good food, Myla (also Cultural Director for Valhall Lodge) had us all participate in a fun mixer she called "What Did the Norwegian Say" . . . some of the members at each table received a card with a number on one side and a Norwegian Proverb on the other side. The rest of the members received an envelope with a number on it and two small krumkake inside. The persons with the krumkake had to find the person with a matching number, read the Proverb and discuss it with each other. The proverbs were written in Norwegian and English; some of them made sense and others did not but we had a lot of laughs when reading them out loud in both languages and figuring out what they might really mean!!!!

Med vennlig Hilsen,
Millie Wright, President, LOV

From Your Cultural Director - February 2020

Hei til alle!

Thanks to everyone who joined in on the fun at our February dinner! We explored Norwegian proverbs, an activity outlined in the cultural resources library on the national Sons of Norway website. The resource has a bunch of sayings, some very familiar because they are the same as in English, some that are uniquely Norsk. We looked at 18 of them, reading them aloud in Norwegian and English, trying to figure out the meaning and, in some cases, what the lesson said about the mind of the Norwegian people.

“You shall not think that you are something” is actually one of Jante’s Laws, the code of conduct followed by Scandinavians, that puts society ahead of the individual. You need to be modest about your personal accomplishments and not jealous of others.

“Don’t sell the skin before the bear is shot.” In the US, we don’t count our chickens before they’re hatched.

“No one know where the hare jumps.” We thought it means that some things have no explanation.

“Necessity makes the Devil eat flies.” In English, I think we’d say that necessity is the Mother of Invention, but I love the more colorful Norwegian version.

Another favorite of mine was, “All things come to an end. Sausages have two. Pancakes have none, but are good nevertheless.” It’s a saying that I can completely agree with.

Thanks again to everyone for coming along on this learning adventure. Feedback was that we should do this again. Like I said, we only looked at a fraction of what was available so this is a definite maybe for another program in the future!

I also want to thank Millie and Else for making the delicious krumkaker, and to Else, Millie, Judy and Graciela for helping me assemble the cookie packets and proverb cards.

It was nice to have a mixer activity, especially since there were a few members who don’t come often.

Hilsen, Myla



Myla leads fun with Norwegian proverbs.



Feb Committee: Janet, Millie, Judy, Susan, Gio



Millie tending bar



Charlie (standing) and Sig (seated)

Additional Page in the Online Edition

The print edition is limited to 16 pages, but this month's newsletter has 17 pages in the online edition. The 17th page advertises the Fastelavn at House of Norway, taking place on March 1. By the time that the print edition of this newsletter reaches you, that event will be history. (We will have the online edition posted by February 24.)

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.

- **Mar 1** Queens Lawn Program (2 Pm – 3 PM)
- **Mar 1** Fastelavn at HoN (11 AM – 4 PM)
- **Mar 21** International Waffle Competition (Noon – 2 PM)
- **Mar 28** Seaman's Church (10 AM), location TBD
- **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

In Memoriam

Duane “Dewey” Haugen

February 22, 1933 - April 9, 2019

We are sorry to report the passing of Duane “Dewey” Haugen. Duane had been a long and faithful member of Sons of Norway, Valhall Lodge and a Golden Member. He joined in 1974. He will be greatly missed by his Valhall friends. We extend our heartfelt and deepest sympathy to Janice, his wife of 60 years, and to the Haugen family.

News of Interest

Svalbard Seed Vault Gets a New Neighbor

You may have heard of Svalbard, the islands half way between Norway and the North Pole. Norway administers these islands. Svalbard has been the home of the Svalbard Global Seed Vault, where seeds from around the world are locked away in case of global catastrophe. Now Svalbard has a new vault that stores computer code. Details at https://www.sofn.com/blog/svalbard-seed-vault-gets-a-new-neighbor/?utm_source=Sons+of+Norway&utm_campaign=caffeacb76-EPOST_02_2020&utm_medium=email&utm_term=0_c5ffaf3d10-caffeacb76-58051183

Sons of Norway HQ Has Big Celebration of 125th

Sons of Norway had a big celebration night at their headquarters. Details at https://www.sofn.com/blog/a-night-of-celebration/?utm_source=Sons+of+Norway&utm_campaign=caffeacb76-EPOST_02_2020&utm_medium=email&utm_term=0_c5ffaf3d10-caffeacb76-58051183

Other News

Read about

- Female Viking Warriors (Erika the Red?)
- 2020 International Folk Art Competition & Exhibition
- Heritage Membership
- Dogs Mirror Their Owner’s Stress Level
- Recipe for Bergen Rumballs
- What to Know About Traveling to the 2020 International Convention
- Setesdal Named to UNESCO Intangible Heritage List
- Norwegians Give Sami Name to Distant Star and Exo-Planet
- We’re Recording History on Facebook
- Recipe for Pan-Fried Whitefish

Details about these at https://www.sofn.com/wp-content/uploads/2020/01/MarchApril-1.pdf?utm_source=Sons+of+Norway&utm_campaign=938932314f-NS_MarApr_2020&utm_medium=email&utm_term=0_c5ffaf3d10-938932314f-58051183

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."

Editor's Note: We checked that the link below works and found that almost half of the seats to this concert are already sold out. If you want to attend, don't delay buying your tickets.



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

Valhall Viking
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SONS OF NORWAY
(Valhall Lodge) 6-25

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Please Deliver Promptly

Valhall Viking

MARCH 2020

CALENDAR **February**

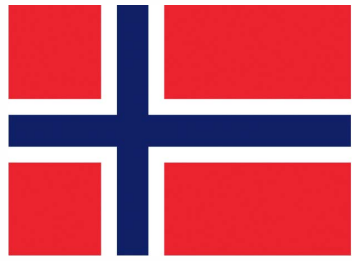
Mar 7 9:00 AM: LOV Meeting
Mar 21 4:30 PM: Lodge Meeting
Mar 21 5:30 PM: Social
Mar 23 Newsletter Deadline

Next newsletter is the
April issue

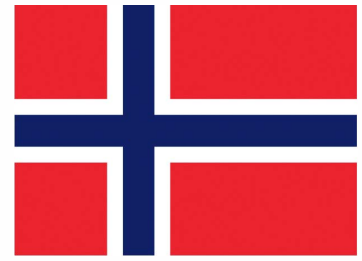
Deadline for the
April Valhall Viking
is March 23, 2020

E-Mail articles to
Steve Rawlinson at:

editor@lodgeofvalhall.com



The House
of Norway
will observe the



Festival of Fastelavn

**** A Norwegian Tradition Marking
the Start of Lent ****

***on Sunday, March 1st
from 11am - 4pm***

at:



**International Cottages
661 Pan American Plaza
*Balboa Park, San Diego***



**Kids activities include making traditional
Fastelavnsris and we will have snacks!**

**Our Queen and Princess of the House will be hosting!
Monthly Membership Meeting will follow at 4:30p**



**Contact Anne-Lise Mogstad
for more information
at:
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